US TWO
COOK BOOK

A Collection of Practical
Recipes Adapted for
Two Persons

COMPILED BY

Jennie B. Williams

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US TWO COOK BOOK

Containing Tested Recipes

FOR

TWO PERSONS

BY

JENNIE C. WILLIAMS

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PREFACE

"*They are all prepared for families.*"

Have you not often heard that remark made by the young housewife when speaking of the legion of Cook Books already on the market? Well, that is just the reason why I have undertaken and now offer to the public the "Us Two Cook Book." Every recipe has been carefully estimated and tested—the ingredients reduced so as to supply the requirements of *two*. Soon the young wife learns that it is impossible to live on Love, and in the following pages are presented in plain words the way to provide economically or lavishly that which more effectually sustains life.

JENNIE B. WILLIAMS.

Toronto, July 1, 1909.

SOUPS
"Every cook praises his own broth"
A.M. WICKSON

US TWO COOK BOOK

SOUPS.

TOMATO SOUP—WITH CREAM.

One pint of tomatoes, one pint of water (or more if it boils down too much), two bay leaves, one very small onion cut fine, a dash of red pepper, dash of cloves, pinch of salt. Let all stew an hour or more. Strain and thicken with flour to the consistency of bisque. When ready serve a tablespoonful of whipped cream in each plate.

CREAM OF TOMATO SOUP.

One-half pint of canned tomatoes, one-half pint of milk, one heaping teaspoonful of butter, quarter teaspoonful of soda. Cook tomatoes a few minutes and then strain them, put on the stove again, adding the butter, salt and pepper, and a little of the soda, and thicken with flour until quite thick; heat the milk separately in a double-boiler until boiling hot; when time to serve, add the remainder of the soda to the tomatoes and a little minced parsley. Lastly add the boiling milk. Serve in heated soup bowls.

BEAN SOUP.

Soak one pint of beans over night, and in the morning pour off the water and put on a pint of fresh water. Let boil ten or fifteen minutes and drain; then pour on one quart of cold water, and add a small piece of bacon or side pork. When the beans begin to get tender, remove enough for a nice dish of baked beans. Mash the rest of the beans, and season with salt and pepper. Add one dessert-spoonful of flour and butter rubbed smooth. Put through a colander and pour into a tureen over toast cut into dice.

GREEN PEA SOUP.

Half a pint or half a can of peas, one pint of water, one tablespoonful of butter, one tablespoonful of flour, a pinch of salt, a pinch of white pepper, half a teaspoonful of sugar, half a pint of milk or cream. Wash the peas and cook them in one pint of boiling water until soft, mash them with the water in which they were cooked, strain, and add the remainder of the liquid. Make a white sauce and cook until it is like thick cream. If the peas are fresh some of the pods may be cooked with them.

STOCK.

Get a small beef shank, add two quarts of cold water. Let it come to a boil. Simmer from four to six hours. Season, strain and cool, remove grease. It is then ready for any kind of soup.

VEGETABLE SOUP.

One quart plain stock. Boil this stock with chopped carrots, parsnips, potatoes and onions for one-half hour. A half teaspoonful of extract of beef improves the colour and adds richness to the flavour.

CHICKEN BROTH.

Put into a kettle the neck, lower parts of the legs, and the wing tips of a large fat fowl. Dredge with flour, and add a pint of cold water. After letting it soak three-quarters of an hour, simmer slowly, keeping the kettle closely covered and let the meat drop from the bones. Strain and put the broth back on the stove, adding a cupful more of water to the bones and cook a good half hour longer. Add this liquor to the broth. (There should be a pint of the broth.) Season with salt and pepper, and a little minced parsley, according to taste. Serve with tiny squares of toasted bread browned in the oven. The remainder of the chicken can be used for fricassee.

TOMATO SOUP—PLAIN.

Skin four tomatoes and put in soup kettle. Pour over them one quart of rich stock or water. Let simmer one hour; run through a sieve, return to the kettle; season with salt, pepper, cloves, and garlic. Serve soup as soon as it boils up second time.

SPLIT PEA SOUP.

Half a cupful of split peas, one and one-half

quarts of water, one tablespoonful of chopped onion, one heaping tablespoonful of butter, one tablespoonful of flour, half a teaspoonful of salt, a pinch of pepper, one and one-half cupfuls of milk. Wash the peas and soak them over night in one pint of cold water. In the morning drain and rinse thoroughly, add quart and a half of cold water and the chopped onion. Cook slowly until soft, rub through a strainer. Make a white sauce, add this liquid to it and cook until it is of the proper consistency. Cooking a small ham bone with the peas improves the flavour.

CREAM OF CELERY.

Cut the outside stalks of a bunch of celery in small pieces; boil until tender, keeping covered with water; when boiled tender rub through a gravy strainer; add one pint and one-quarter of milk, teaspoonful of butter, salt, and stir in slowly a little flour paste; let boil a little and serve hot.

VEAL OR MUTTON BROTH.

Take a scrag-end of mutton (one pound), put it in a saucepan, with one quart of cold water, and an ounce of pearl barley or rice. When it is coming to a boil, skim it well, then add half a teaspoonful of salt; let it boil until half reduced, then strain it, and take off all the fat, and it is ready for use. This is excellent for an invalid. If vegetables are liked in this broth, take one slice of turnip, one carrot, and one onion, cut them in shreds, and boil them in the broth half an hour. In that case, the barley may be served with the vegetables and broth.

MUTTON BROTH.

Boil one pound of coarse lean mutton cut in small pieces in one quart of hot water. Add one-half of a sliced onion. Add one-half cup of rice which has soaked for one hour. Boil three hours slowly. Season. Strain and serve.

SHRIMP BISQUE.

Stir one heaping tablespoonful of flour with enough milk or cream to make a paste; put into the saucepan one-half pint of milk—good measure; the yolk of one egg well beaten; tablespoonful of butter, salt and pepper to taste; add one-half cup chopped shrimps the last thing. Serve hot.

OYSTER STEW.

Drain all the liquor from one-half pint of oysters. Put it in a pan and let it simmer. Let one pint of rich milk come to a boil. Add a fair sized piece of butter, a pinch of salt and pepper, and pour in oyster liquor. Let it boil up once and add the oysters. Do not let them remain on the stove more than two or three minutes.

POTATO SOUP.

Boil one quart of water, then put in two or three strips of bacon, two chopped onions, a pinch of salt and pepper. Peel and slice one-half pint of raw potatoes. Boil the whole until the potatoes are reduced to a pulp.

OX TAIL SOUP.

Cut the ox tail into joints and fry until brown in good drippings. Remove the joints from the drippings, and slice one onion and one carrot into the same drippings and fry until done; tie them with thyme and parsley in a cheese-cloth bag, and drop into a soup pot containing two quarts of water. Put in the ox tail and one pound of lean beef cut in strips. Grate over them a carrot, salt and pepper to taste. Boil slowly for three hours. Thicken with brown flour moistened with water. Strain, and boil for an additional three minutes.

BEEF BOUILLON.

Boil one pound of beef cut in pieces in one quart of water. Add more if it boils away too much. Let it simmer for a while and then strain through a fine sieve and season with pepper and salt.

BEEF TEA.

One pound of lean beef, cut into small pieces. Put into a glass canning-jar without a drop of water; cover tightly, and set in a pot of cold water. Heat gradually to a boil, and continue this steadily for three or four hours, until the meat is like white rags, and the juice all drawn out. Season with salt to taste, and when cold, skim.

ASPARAGUS SOUP.

Boil until tender, one pint of asparagus, cut in inch lengths, in one pint of water. Rub through a

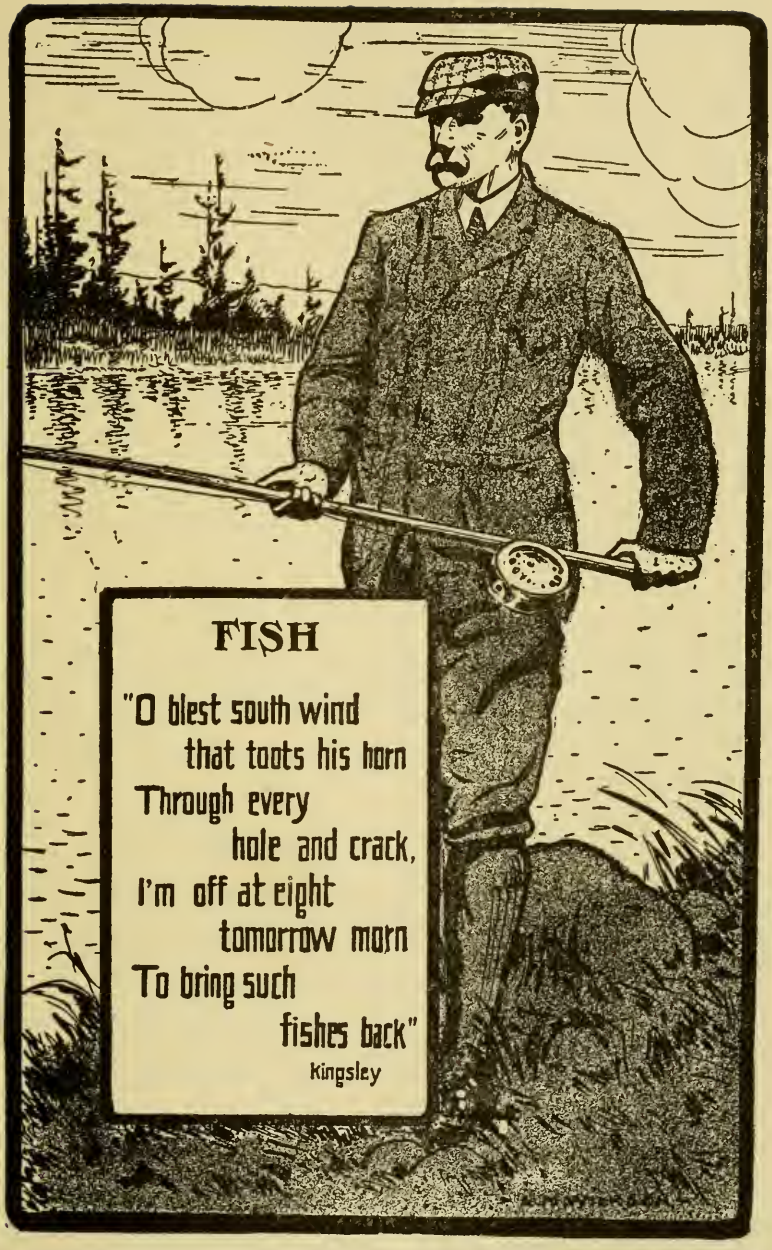
colander and return to the water in which it was boiled. Heat one pint of milk, stir into it one tablespoonful of butter, with one tablespoonful of flour and cook a few moments. Season, and pour into asparagus. Let all boil up well, and pour into a tureen or plates or over toasted bread, cut into dice. Serve at once.

RICE BALLS.

Rice balls make a pretty company garnish for soup to be used instead of plain rice. Mash a cupful of cold boiled rice, and mix with a batter made of one beaten egg, a tablespoonful of flour, with a seasoning of salt and a pinch of cayenne pepper. Stir smooth and make into balls not larger than a small marble. These are dropped into the soup just before it is sent to the table.

EGG BALLS FOR SOUP.

Rub the yolks of two hard-boiled eggs to a smooth paste, with a little melted butter, pepper and salt, to these add one raw egg, beat in light, add enough flour to hold the paste together, make into balls, with floured hands, and set in a cool place until just before your soup comes off, when you put them in carefully and boil one minute.


FISH
"O blest south wind
that toots his horn
Through every
hole and crack,
I'm off at eight
tomorrow morn
To bring such
fishes back"
Kingsley

FISH.

Fish are good when the gills are red, eyes are full, and the body of the fish firm and stiff. After washing, they should be allowed to remain for a short time in salt water sufficient to cover them; before cooking, wipe dry, dredge lightly with flour, and season with salt and pepper. Salmon trout and other small fish are usually fried or broiled. Large fish should be put in a cloth, tied closely with twine, and placed in cold water, when they may be put over the fire to boil. When fish are baked, prepare the fish the same as for boiling, and put in the oven on a wire gridiron, over a dripping pan.

FISH COOKED IN FAT.

Season with salt and pepper and cover with equal amounts of corn meal and flour, or crumbs and egg. Cook in fat sauté. Drain on paper.

FISH COOKED IN WATER.

Steam fish over gently boiling water, or place it in a piece of muslin, tie the edges together and put the fish into boiling water, boil five minutes, then add one tablespoonful of salt and cook at a lower temperature until done. Serve with a sauce.

TO FRY FISH.

Clean the fish, wipe dry, rub a little salt inside and sprinkle with a little pepper after putting them in the pan, but never roll them in flour; as it does

not improve them, and it is not necessary. Never allow fish to soak in the fat. The fat should be perfectly hot when the fish is put in and kept at the same temperature.

TO BROIL FISH.

Small fish can be broiled whole by cutting off the head and tail and splitting down the back. Large fish should be cut into inch strips. All fish should be thoroughly cleaned and dried with a towel; oily fish need only salt and pepper, but dry fish plenty of butter. The broiler should be well greased and the fish allowed to broil from five to twenty minutes, according to the thickness. Thin fish can be placed nearer the fire and broiled more rapidly than thick fish. Remove from the broiler to the platter without breaking; spread again with butter; serve with tartar, tomato or curry sauce; garnish with slices of lemon.

TO BAKE FISH.

Procure a fish of two or three pounds, season with one tablespoonful of salt, one-half teaspoonful of pepper. Rub the seasoning well in and outside the fish; place the fish with two sliced onions on a large dish; sprinkle over the juice of one large lemon; cover and set aside for one hour, then lay the fish in a baking-pan with four thin slices of pork under it, and three slices of pork on top. Pour one tablespoonful of melted butter over and bake forty-five minutes. Serve in a hot dish garnished with lemon cut into quarters, and parsley. It can be baked

without the onion or lemon, but these improve its flavour. If salt pork is not at hand, grease the pan thoroughly with lard and lay a sheet of nice brown paper, cut to the size of the pan, in the bottom. Grease the paper thoroughly and lay the fish upon it. Baked in this way, it can easily be taken from the pan without breaking it at all, and the trouble of cleaning the pan afterwards, which is not a little, when the baking is done in the usual manner, is entirely avoided.

STUFFING FOR FISH.

Two cupfuls of bread crumbs, one-half teaspoonful of salt, one-eighth teaspoonful of white pepper, one teaspoonful onion juice, one teaspoonful minced parsley, one teaspoonful capers or chopped pickle, one-fourth cupful melted butter. Mix in the order given.

FRIED BASS.

Clean and cut your fish in pieces; season with salt and pepper and dredge in flour. Fry to a light brown in lard and butter with a strip of bacon added to the grease. White fish, trout, and many others can be cooked in like manner.

BAKED BLUE FISH.

Wash and clean your fish; stuff and sew or bind with strips of cloth well buttered. Place in dripping pan with three tablespoonfuls of melted butter and a cup of water. Bake thirty-five or forty minutes, basting often. Use stuffing if desired.

CODFISH BALLS.

The purified, shredded codfish, to be bought by the box from any grocer, is best for these. Soak it for two or three hours, then boil for fifteen minutes in water that has had a tablespoonful of vinegar stirred into it and spread upon a sieve to get cold. Allow to each cupful of fish half as much mashed potato whipped to a soft cream. Mix them together well, make very hot over the fire and beat in a frothed egg for every cupful of fish. Season with pepper. Let the mixture get quite cold, make into balls, roll in flour, and set in a cold place to stiffen. If you wish them for breakfast you will do well to make them the night before. Roll again in flour and fry in deep fat to a yellow-brown.

COD OR SALMON STEAKS.

Season and fry one or two cod or salmon steaks, and garnish with parsley. Two slices is usually enough for three persons.

TO BROIL MACKEREL.

Grease a broiler well; place the fish over a good fire; brown on both sides; place on platter and season with a little butter and pepper; or place the fish in a buttered dripping pan, skin side down, baking a nice brown; this may be best in the above manner and add a few spoonfuls of rich cream.

FINNAN HADDIE.

Parboil the fish for about eight or ten minutes; place on a buttered broiler with a bit of butter on

the fish as a coating. Broil to a rich brown and serve hot with a thick cream dressing to which has been added chopped hard-boiled eggs and parsley.

FRIED PICKEREL.

Clean, wipe dry, roll in salted and peppered flour, or dip in egg and roll in seasoned cracker-dust, and fry quickly in deep cottolene or oil brought slowly to the boil.

BROOK TROUT.

Clean, wash, and dry the fish, handling tenderly, not to mar its beauty or flavour, roll in salted and peppered flour, and fry in deep fat to a delicate brown. Serve up on folded tissue paper in a hot-water dish, if you have one. The simpler the seasoning the better.

SALMON IN A MOULD.

Take the contents of a can of salmon, two eggs, two tablespoonfuls of melted butter, one-quarter cupful of bread crumbs, salt and pepper, and a little minced parsley. Rub the butter in the salmon, put the crumbs in the beaten eggs. Mix all thoroughly and add seasoning. Put into a buttered mould and steam one hour.

Sauce.—One-half cupful of hot milk thickened with one teaspoonful of corn starch; add one heaping teaspoonful of butter, liquor from the salmon, one egg, one tablespoonful of tomato catsup. Put the egg in last and very carefully.

BAKED SALMON.

Take the contents of a can of salmon, add two well beaten eggs, one-half cup milk, four soda crackers broken in small pieces, pepper and salt. Pour into buttered granite pan and bake a light brown.

CREAMED SALMON.

Take the contents of a can of salmon; remove skin, bones and oil; break into flakes. Melt one tablespoonful of butter in a saucepan with two tablespoonfuls of flour; add gradually two cups of milk, and season with salt and pepper, a dash of mace and a little minced parsley. Add the salmon and cook for twenty minutes, stirring all the time. Serve on squares of toast.

SALMON LOAF.

Pick the contents of a can of salmon into small pieces and remove bones; add one tablespoonful of melted butter, two beaten eggs, one cupful of bread crumbs, one cupful of milk, salt and pepper to taste. Bake in a buttered pan for one hour. Turn loaf out on platter, and pour over it cream sauce made as follows: Heat one pint of milk to the boiling point; add two tablespoonfuls of corn starch and one of butter. Season with salt and pepper, and just before removing from the fire, add one well beaten egg.

SCALLOPED SALMON.

Break into pieces the contents of a can of sal-

mon and put into a buttered baking dish in alternate layers with bread or cracker crumbs. Cover with a white sauce. Finish with a layer of bread crumbs with bits of butter on top and bake to a rich brown.

TURBOT.

One pint of milk, three tablespoonfuls of butter, two tablespoonfuls of flour, cooked together; season with salt and pepper, one teaspoonful of onion juice, and a little minced parsley. Place in a baking dish a layer of shredded fish and the sauce alternately; sprinkle with bread crumbs and brown in a moderate oven.

SHRED CODFISH.

Flake very fine a half pound of best codfish. Wash in two waters and squeeze as tight as possible. Put into a saucepan with a piece of butter as large as an egg, and two heaping spoonfuls sifted flour. Mix the butter, flour and fish thoroughly together, add very slowly two or three cupfuls boiling water, let come to a boil and serve. Add, if you choose, just before removing from the stove, an egg well beaten.

SHAD ROE.

Place roe in salt water for a day; wipe dry; rub over it melted butter. Boil five minutes until well cooked. Cut it open; dip in flour and fry in hot pork fat.

BAKED WHITE FISH.

Thoroughly clean the fish; cut off the head or not,

as preferred. Cut out the backbone from the head to within two inches of the tail, and stuff with the following: Soak stale bread in water, squeeze dry; cut in pieces a large onion, fry in butter, chop fine. Add the bread, two ounces of butter, salt, pepper and a little parsley or sage. Heat through, and when taken off the fire, add the yolks of two beaten eggs; stuff the fish rather full, sew up, and wrap with several coils of white tape. Rub the fish over slightly with butter, just cover the bottom of a baking pan with hot water, and place the fish in it, standing back upward, and bent in the form of an S. Serve with the following dressing: Reduce the yolks of two hard-boiled eggs to a smooth paste with two tablespoonfuls of good olive oil; stir in half a teaspoonful of mustard, and add pepper and vinegar to taste.

BROILED WHITE FISH—FRESH.

Wash and drain the fish; sprinkle with pepper and lay with the inside down upon the gridiron, and broil over fresh bright coals. When a nice brown, turn for a moment on the other side, then take up and spread with butter. This is a very nice way of broiling all kinds of fish, fresh or salted. A little smoke under the fish adds to its flavour. This may be made by putting two or three cobs under the gridiron.

EELS.

Skin and parboil them; cleanse the back bone of all coagulations; cut them in pieces about three

inches in length; dip in flour and cook in pork fat, brown.

SMELTS.

Clean the smelts by drawing them between the finger and thumb, beginning at the tail. This will press out the insides at the opening at the gills. Wash them and drain in a colander; salt well and dip in beaten egg and bread or cracker crumbs. Dip first in the egg and then roll in the crumbs. Fry in boiling fat deep enough to float them. They should be a handsome brown in two minutes and a half. Take them up and place them on a sheet of brown paper for a few minutes to drain, then serve on a hot dish. Garnish with parsley and a few slices of lemon.

STEWED FROGS' LEGS.

Skin, lay in milk for fifteen minutes; roll in peppered and salted flour, and sauté in hot butter for three minutes. Cover (barely) with hot water, and stew tender. Twenty minutes should suffice. Heat half a cupful of cream to boiling, stir in a tablespoonful of butter rolled in flour, boil up, and turn into the saucepan where the frogs' legs are simmering. Season with pepper, salt, and a little chopped parsley. Cook gently for three minutes and serve.

FRIED FROGS' LEGS.

Only the hind legs are eatable. They are very good, having a curious resemblance to the most delicate spring chicken. Skin, wash, and lay in

milk for fifteen minutes. Without wiping them, pepper and salt, and coat with flour. Fry in deep boiling fat to a light brown. Or—Wipe off the milk, dip in egg and pounded cracker, and fry.

FISH LEFT OVER.

Make one cup tomato sauce by cooking one teaspoonful of minced onion in one teaspoonful of butter until it is yellow; add a level tablespoonful of flour and when well mixed and bubbling, stir it into a cup of hot stewed tomatoes. When it has cooked a little and is thick, season to taste. Take one part each of cold boiled fish and macaroni with one-quarter cup of cheese; cut into small bits one cold hard-boiled egg. Strain the tomato sauce over them and one-quarter cup of fine cracker crumbs moistened in one-third cup of melted butter on the top. Bake till brown.

FISH CROQUETTES.

Season two cupfuls of boiled or baked fish with one teaspoonful of Worcestershire sauce, a dash of cayenne pepper and a sprinkling of grated nutmeg; bind together with sauce made as follows: one-half cup of milk, one tablespoonful of flour, one tablespoonful of butter, pepper and salt to taste. Add to the fish and cook for five minutes. Remove from the fire and when cold shape into oblong forms and fry in deep boiling lard, first dipping into a beaten egg. Garnish with a sprig of celery in the top of each croquette.

BROILED LOBSTER.

First remove stomach and intestinal vein. Split the meat of the tail and claws, dredge in flour, season, cover all the meat with butter and broil over a hot fire until light brown; or broil in shells, dividing tail and claws into two parts and broiling in half shell on meat side for eight minutes, on shell side for ten minutes.

LOBSTER PATTIES.

To a can of lobster, add a tablespoon of butter, pepper and salt and a small tablespoonful of flour. Make patty shells the same as for Oyster Patties; fill with the lobster and serve hot.

SCALLOPED LOBSTER.

Butter a baking dish; cover bottom with cracker crumbs, and then a layer of lobster meat carefully picked over. Add bits of butter, salt and pepper, then a layer of cracker crumbs; alternate with meat and crumbs until the pan is filled. Put bits of butter over the top; add three cups of hot milk and bake an hour.

CREAMED OYSTERS.

To one-half tablespoonful of melted butter, put in a saucepan, add one heaping tablespoonful of flour; cook a few minutes; stir in gradually one cup of milk; season with salt, pepper and one-half teaspoonful of celery salt. Wash one-half pint of oysters; boil them in their own liquor until plump; then drain and pour over them the sauce.

OYSTER COCKTAIL.

For one glass, take the juice of one-half lemon, one-half teaspoonful of grated horseradish, one and one-half teaspoonfuls of tomato catsup, eight drops of tobasco sauce. Put this mixture into cocktail glass in the centre of a plate and trim plate with parsley. Fill plate around the glass with chopped ice, on which lay six good oysters and two or three stuffed olives among the oysters, and a slice of lemon.

FRIED OYSTERS.

Wash and dry carefully the oysters; salt and pepper. Roll each oyster in cracker crumbs; dip in beaten eggs; roll again in cracker crumbs. Fry in deep lard until browned.

OYSTER PATTIES.

Take enough oysters for two; put them in a pan with butter, pepper and salt, a little flour and let them simmer for a few minutes. Cream dressing as for Creamed Oysters may be used instead of the butter, flour, pepper and salt. Cut oysters into bits. Make shells of rich paste in patty shell pans; and bake in quick oven in muffin pans; fill the patties with oysters and serve hot.

SCALLOPED OYSTERS.

Put a layer of rolled crackers in a well-buttered pudding dish, and a layer of oysters drained; season with salt, and pepper and bits of butter. Con-

tinue this way until the dish is full. Then pour over one cupful of milk. Bake three-quarters of an hour.

EGG SAUCE.

One cup of drawn butter, one hard-boiled egg; chop white fine and add to sauce; grate yolk over sauce.

SAUCE TO SERVE WITH RAW OYSTERS.

One-half teaspoonful each of pepper and salt, half of one onion grated, one dessert-spoonful of vinegar, one tablespoonful of olive oil, one-half teaspoonful of Worcestershire sauce, juice of half a lemon.

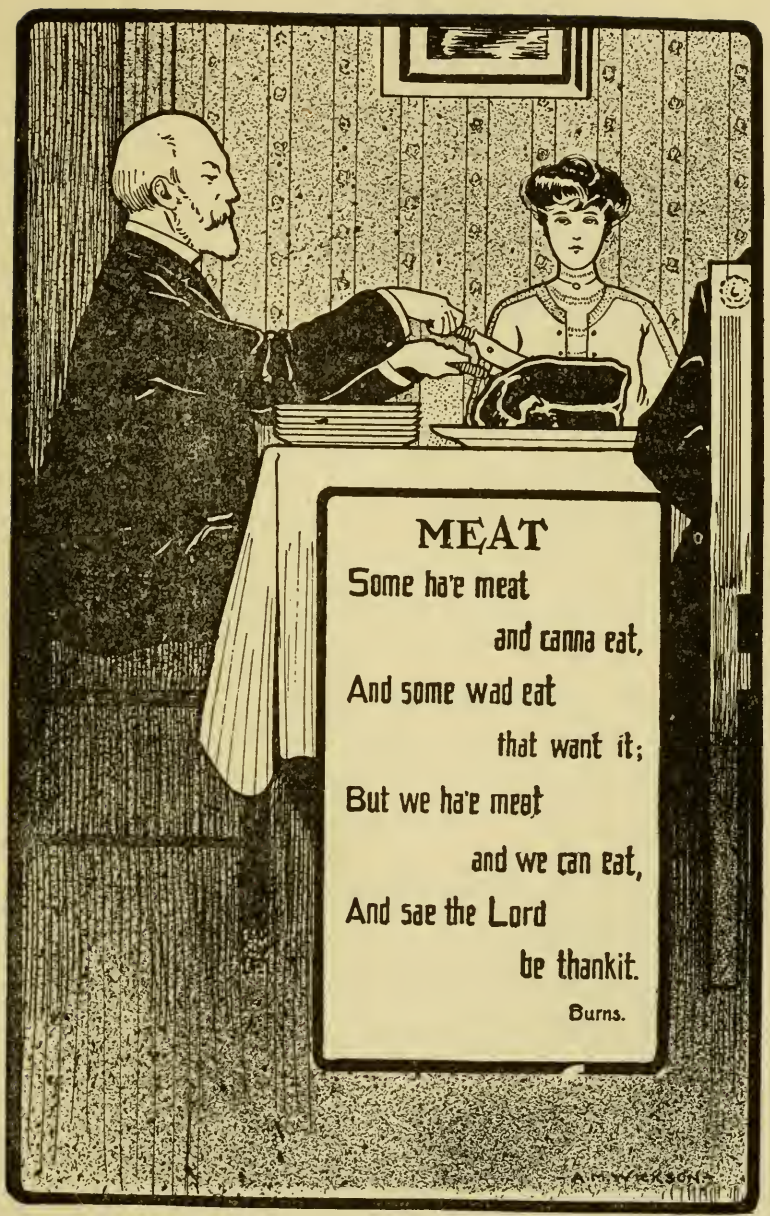
CANADIAN FISH SAUCE.

Beat one-half teacupful of butter to a cream; add the yolks of two eggs, juice of half a lemon, salt and a very little cayenne pepper. Put into double boiler. Beat with an egg beater until it begins to thicken, then add a half cup of boiling water heating continually. When of consistency of thick custard it is done. It will require five or seven minutes to cook, if water boils hard.

PROPER RELISHES TO ACCOMPANY FISH.

Boiled Fish.....Drawn Butter or Egg Sauce
Broiled or Baked Fish.....
Cream or Canadian Fish Sauce
Broiled Fresh Mackerel.....Stewed Gooseberries
Broiled Shad.....Boiled Rice and Salad
Fresh Salmon .....Green Peas and Cream Sauce
Salt Fish.....Maître d'Hotel Sauce

Fish


MEAT
Some ha'e meat
and canna eat,
And some wad eat
that want it;
But we ha'e meat
and we can eat,
And sae the Lord
be thankit.
Burns.

MEATS.

GENERAL RULES FOR SELECTING AND COOKING MEATS.

In the selection of meat it is most essential that we understand how to choose it; in beef it should be a smooth, fine grain, of a clear bright-red colour, the fat white, and will feel tender when pinched with the fingers. Will also have abundant kidney fat or suet. The most choice pieces for roast are the sirloin, fore and middle ribs.

Veal, to be good, should have the flesh firm and dry, fine grained and of a delicate pinkish colour, and plenty of kidney fat; the joints stiff.

Mutton is good when the flesh is a bright red, firm and juicy and a close grain, the fat firm and white.

Pork, if young, the lean will break on being pinched smooth when nipped with the fingers, also the skin will break and dent; if the rind is rough and hard it is old.

All salt meat should be put on in cold water, that the salt may be extracted while cooking. Fresh meat, which is boiled to be served with sauces at the table, should be put to cook in boiling water; when the outer fibres contract, the inner juices are preserved.

For making soup, put the meat over in cold water, to extract the juices for the broth.

In boiling meats, if more water is needed, add that which is hot, and be careful to keep the water on the meat constantly boiling.

Remove the scum when it first begins to boil. The more gently meat boils, the more tender it will become. Allow twenty minutes for boiling each pound of fresh meat.

Roast meats require a brisk fire. Baste often. Fifteen minutes is required for roasting each pound of fresh meat. The variation in roasted meats consists simply in the method of preparing them to cook, before putting them in the oven. Some are to be larded, some stuffed with bread dressing, and others plain, only seasoning with pepper and salt.

A piece of red pepper, cooked in a boiled dinner, is very nice.

It is a difficult matter to get roasts small enough for two people. An ordinary roast lasts quite too long to be enjoyable even though it can be used in various ways; as sliced cold meat; cut up in squares and warmed in the gravy and called "fricassee"; meat pie, croquettes, hash or hash on toast.

ROAST BEEF.

If possible have a Lisk roasting pan for your roast as this pan saves the trouble of basting. Very little water is necessary and some cooks prefer no water at all. Select a rib roast as it is better than the loin. Dredge with salt and pepper; roast in a moderately hot oven. Two or three ribs are sufficient for two persons.

FRIED BEEFSTEAK.

One slice of Porterhouse steak with undercut is sufficient for two persons. Pot suet or butter is

preferred in the pan, and when smoking hot put in the steak and fry according to taste. Season with salt and pepper. Make a gravy from the juices left in the pan by adding a very little hot water; let it boil up and add a tablespoonful of flour and stir until thoroughly smooth.

BROILED BEEFSTEAK.

Have your steak cut from one inch to one and one-half inches thick. Wipe and put on a well greased broiler for ten minutes, turning often. When done season with salt, pepper and butter; garnish with parsley or celery leaves. This is the ideal way to serve beefsteaks.

BEEFSTEAK AND ONIONS.

Roll in flour one pound of sirloin steak; season with salt and pepper and fry in butter or lard. Put a large piece of butter and lard in another frying pan, add the desired quantity of sliced onions; cover and fry to a light brown colour. Pour over the steak before it goes to the table.

FLANK STEAK.

Butter the surface of steak, put on the broiler and let remain until well done, turning often. Season with salt and pepper and garnish with parsley. This is considered by many to be the choicest of steaks and least expensive.

HAMBURGER STEAK.

Take half a pound of round steak without any fat or bones or stringy pieces; mince it very fine. Mince one small onion and mix well with the meat. Season with salt and pepper, and make into cakes the size of a biscuit and quite flat. Have ready a frying pan with a teaspoonful of lard and one tablespoonful of butter and let it get boiling hot, then put in the steak and fry a nice brown on both sides. Garnish with parsley around the edge of the platter and slices of lemon on top of the meat.

BROILED PORTERHOUSE STEAK WITH MUSHROOM SAUCE.

Take one-half can of mushrooms, drain off every drop of liquor; then put them in a saucepan with one cup of sweet cream and one tablespoonful of butter, salt and pepper to taste. Let them simmer gently for ten minutes, and when the steak is ready to be served pour the mushrooms over it.

YORKSHIRE PUDDING.

This is a very nice accompaniment to a roast of beef; the ingredients are: half cup of milk, one egg, white and yolk beaten separately, pinch salt, and half a teaspoon of baking powder sifted through half a cup of flour. It should be mixed very smooth, about the consistency of cream. Twenty minutes before roast is ready, dip some of the drippings from the pan into an ordinary biscuit tin, pour the pud-

ding into it, set into hot oven. This I consider much better than the old way of baking the pudding under the meat.

POT ROAST.

Get a three pound pot roast. Trim the meat carefully. Put one tablespoonful of lard into the kettle and when boiling hot, put in the meat. Brown on all sides, then cover the meat with boiling water. Boil rapidly, skimming when necessary. Half an hour before the meat is done, cut a medium sized onion into slices and add it to the water in which the meat is boiling, together with a bay leaf, four cloves, six pepper corns, a half stick of celery, and a half inch of stick cinnamon. Place the meat in a deep platter when it is done, and spread it thinly with grated horseradish. Strain the liquor remaining in the kettle and make a brown sauce to pour over the meat. Dumplings are very nice served with a pot roast.

BEEF PIE.

A good way of utilizing bits of cold steak, pot roast, or even roast, is by means of the beef pie. Line a baking dish with a rich biscuit dough. Put in a layer of bits of cold meat, chopped cold boiled potatoes, a bit of onion chopped fine, a little chopped parsley; then another layer of the meat, and so on, until the meat is exhausted or the dish nearly filled. Pour over all cold gravy; cover with a crust which has a slit cut in it; and bake until crust is done.

BEEF LOAF.

One and a half pounds veal or beef, minced very fine, and uncooked; two crackers, crushed very fine; one egg, one-fourth cup of milk, butter the size of an egg, one teaspoon salt, one-half of pepper; mix in shape of a loaf, and bake in an oven one hour, basting often.

BEEF HASH.

Chop either cold steak or roast with cold boiled potatoes and small onions. Put over the fire; add a piece of butter, salt and pepper, cold gravy or hot water; cook until brown.

BEEF KIDNEY.

Have beef kidneys cut in thin slices; put in salt water for ten minutes, drain, salt and pepper and fry in hot fat to a light brown colour. Then add a little water; thicken with one-half tablespoonful of flour; add a little chopped parsley and serve hot.

BEEF STEW.

Half a pound of beef from leg, remove fat and cut in small pieces, half an onion cut in slices, three tablespoonfuls of carrots cut in dice, a quarter of a cup of turnips cut in dice, two potatoes cut in one-half inch slices, half a teaspoonful of salt, a pinch of pepper, and one quart of water. Boil slowly for one hour then thicken with two tablespoons of flour mixed smoothly with a little cold water. Dumplings are very nice served with this.

DUMPLINGS FOR STEW.

One cup of flour, one teaspoon of baking powder, one-half teaspoonful of salt; sift together twice; mix into shape with cold water, and drop from spoon into stew. Cover tightly and cook for fifteen minutes.

BEEF CROQUETTES.

Minced cold beef, boiled or roast, a quarter as much mashed potato, gravy enough to moisten them, in which an onion has been boiled and strained out, season with catsup, pepper, salt, and a pinch of marjoram, fine bread crumbs and one egg.

Mash the potatoes while hot, very smooth, or if cold potatoes be used, see they are free from lumps; mix in the meat, gravy, and seasoning, bind all together with the beaten egg and form into the desired shapes; roll them in fine bread crumbs, and fry quickly to a light brown. Drain on soft paper before the fire till free from fat, and serve hot.

TO BOIL CORNED BEEF.

Put the beef in water enough to cover it, and let it heat slowly, and boil slowly, and be careful to take off the grease. Many think it much improved by boiling potatoes, turnips, and cabbages with it. In this case the vegetables must be pealed and *all* the grease carefully skimmed as fast as it rises. Allow about twenty minutes of boiling for each pound of meat.

DRIED BEEF À LA CRÊME.

Make a cream sauce and add to it the dried beef, cut fine. Season with pepper but not salt. When hot, add a well-beaten egg, stir till it thickens and serve at once on toast. A very nice breakfast dish.

CHIPPED BEEF STEWED.

Tear dried beef into small pieces and make a cream dressing of equal parts of milk and water and a little flour to thicken and one well-beaten egg. Let cook until it thickens and serve hot. If the beef is too salty it should be boiled a little and the water poured off before adding the milk and water for the dressing.

TRIPE LYONNAISE.

Cut up half a pound of cold boiled tripe into squares. Put two tablespoonfuls of butter and one tablespoonful of chopped onion in a frying pan and fry brown; add to this a tablespoonful of strong vinegar, salt and cayenne. Stir to prevent burning. Cover the bottom of a heated platter with tomato sauce, add the contents and serve hot.

ROAST VEAL.

A small roast of veal from the loin is choicest, but a shoulder roast with a pocket for stuffing is also good. A two-pound roast can be bought but from three to three and a half pounds is the best size. Bake till tender, basting when necessary.

JELLIED VEAL.

Cover with water and cook a shank of veal slowly until the meat comes easily from the bones. Season with salt and pepper. Meanwhile hard-boil two eggs; chill in cold water. Moisten a mould, cut the eggs in slices and lay in the bottom. Take out the bones and gristle and pour the remainder on the eggs. Put in a cool place, or on ice, and it will jelly quickly. Cost, not twenty-five cents.

VEAL CUTLETS.

The cutlets are taken from the leg of the veal and should be cut half an inch in thickness. Season with salt and pepper; dip in beaten egg, and then in cracker crumbs, and fry slowly for thirty minutes. Serve with brown gravy made as follows: Put equal parts of butter and flour in frying pan and stir until smooth and brown; add sufficient water to make the proper consistency. Season with salt and pepper and Worcestershire sauce.

VEAL CROQUETTES.

Chop up fine, enough veal to fill one cupful; season highly with salt, pepper, cayenne, onion juice, celery salt and parsley. Moisten with one beaten egg and white sauce and shape into moulds, roll in fine bread crumbs, egg and crumbs again and fry in hot fat.

PIGS IN BLANKETS.

Cut half a pound of veal cutlets in pieces two

inches long. Season with salt and pepper; wrap strips of English breakfast bacon around each "pig"; pin with toothpicks and fry until done.

VEAL CHOPS.

Season the veal chops the same as veal cutlets; dredge with cracker crumbs and fry; garnish with slices of lemon and parsley.

FRICASSEE OF VEAL.

Boil one or two pounds of veal until tender; remove from the pot and when cool chop and add a small onion, a cooked carrot, and celery chopped fine. Return to the skillet and pour over it the liquor in which it was cooked and which has been thickened to the proper consistency. Garnish with parsley.

IRISH STEW.

Chop mutton or beef, or both together; add several raw potatoes, and two onions; season with salt and pepper. Cover with water and stew gently until the meat is tender and the potatoes are done to a mash. Serve with dumplings.

ROAST LAMB.

A leg of lamb is too large for a small family unless it is real milk lamb, when it should be carefully roasted as it cooks quickly. Get a two-pound piece of the shoulder of a young lamb and ask the butcher to fix a pocket for stuffing. This is a very delicious roast.

BROILED LAMB CHOPS.

Order your lamb chops according to the number you wish rather than by the pound—they will average three or four to a pound. Salt and pepper and place on the broiler under a moderate fire until well browned. Garnish with parsley.

LAMB KIDNEYS.

Soak kidneys in cold water for an hour; pare and slice; season with salt and pepper; fry in hot butter for five to ten minutes; remove from fire and dredge with flour; return to fire and add a cup of boiling water or broth; cook ten minutes longer; season with onions or lemon juice. Serve immediately.

BREADED CHOPS.

Trim and flatten, sprinkle with salt and pepper, dip in egg and then in cracker-dust, and fry to a fine brown in deep boiling fat. Drain and serve dry and hot.

STEWED LAMB AND GREEN PEAS.

Buy one and a half pounds of the coarser parts of the lamb; cut into inch lengths and dredge with flour. Have ready in a saucepan one tablespoonful of good dripping, and when it hisses put in one-quarter sliced onion, and fry to a light brown. Skim out the onion and put in the meat, cooking for five minutes and turning often to keep it from sticking to the bottom of the pan. Then add a half cupful

of boiling water, or weak stock, cover closely and cook gently for one hour. Add then a generous cupful of green peas. Canned will do, but the fresh are better. Stew for twenty minutes longer, or until the peas are tender, add a teaspoonful of brown roux, boil up once, and pour upon slices of toast that have been soaked in hot tomato sauce. A cheap and a savoury dish.

MUTTON CHOPS.

Cut them nicely, clearing away all ragged ends and edges; fry for a few moments covered closely, and then dip each piece in cracker crumbs and beaten egg, or you may prepare them as for frying; then lay them in a dripping pan, and put into the oven to bake; baste frequently with a little melted butter and water.

CREAMED SWEETBREADS.

Parboil the sweetbreads and cut in pieces about one and a half inches long. Make a cream sauce; add to the sweetbreads and pour over buttered toast.

BROILED SWEETBREADS.

First boil the sweetbreads; cut crosswise; season with salt and pepper; broil ten minutes; serve with melted butter and sliced lemon.

TRIPE.

Wash in warm water and cut away the fat; cut in pieces and boil for four hours. Then dip in beaten

eggs; season with salt and pepper; roll in cracker crumbs and fry in very hot fat for ten minutes.

ROAST PORK.

Roast same as beef, dredging the pork with flour; baste often. Make a gravy from the juices, pouring off part of the grease if the roast is very fat.

PORK CHOPS.

Cut off the skin, trim neatly and dip in beaten egg, then in cracker crumbs seasoned with salt, pepper, powdered sage, and finely minced onion. Set in a cold place for an hour or more and fry in hot fat, turning often, for at least twenty minutes. Send in dry and hot, and serve with apple sauce.

ROAST SPARE RIB WITH DRESSING.

Have loin of pork cut with long ribs; season and put to roast; half an hour before it is done turn so the ribs will hold the dressing made as for turkey stuffing; fill with the dressing and finish baking; serve with apple sauce.

BROILED PORK TENDERLOIN.

Have the tenderloins Frenched; season with salt and pepper; broil until thoroughly done, spread with butter; serve while hot on a hot platter.

PORK AND BEANS.

Pick over and wash carefully two cupfuls of beans, and let them soak in water all night. Wash

and drain in another water, boil in cold water twenty minutes; stir in a half teaspoonful of baking soda and skim off the froth. Drain and pour beans in an earthen covered pot. Put in the centre of the beans a quarter of a pound of salt pork; score the rind in slices. Mix one pint of boiling water with half a teaspoonful of salt, one pinch of cayenne pepper, one tablespoonful of molasses. Pour this over the beans, set in a moderate oven, and bake for four hours, keeping the pot well covered. About an hour before the beans are done, remove the cover to brown the top and crisp the pork. When done, if beans are just right, the juice will show itself when the pot is tilted half way up. Serve in a deep dish, the pork on top, garnished with a few sprigs of parsley.

BOILED HAM.

Wash and put in kettle with plenty of water and let boil slowly until tender. Remove and peel off the rind; dredge with flour and a sprinkling of sugar; add a little cinnamon and stick a few cloves in the ham. Place the ham in a dripping pan with a little water and continue the cooking until the ham is browned and well done. Serve hot, or cut in thin slices when cold.

BACON AND LIVER.

Always be sure to select *calves'* liver. Boiling water should be poured over the liver which will cause a thin skin to form and which should be removed by scraping with a sharp knife. Dredge

with flour and season with salt and pepper. Cut your bacon as thin as possible and place in the skillet with the liver. Fry slowly until well done.

FRIED HAM WITH EGGS.

If the ham is very salt it should be first parboiled before frying. Turn often and fry until brown. Remove to a hot platter; have your eggs ready and fry as quickly as possible in the ham fat, dipping the grease over the tops of the eggs until the "eyes are shut."

BROILED HAM.

Ham for broiling should be cut thin. If very salt, parboil first. Dry and place on broiler under a moderate fire for ten minutes. Garnish with parsley.

KIDNEYS WITH BACON.

Split lamb kidneys in half and fasten open with toothpicks. Cook in a frying pan thin slices of fat breakfast bacon until clear, but not crisped. Take up and keep hot while you cook the kidneys in the bacon-fat, turning them frequently. Six minutes should make them tender. Long cooking toughens them. Arrange upon thin slices of toast in a dish, garnish with the bacon, add a teaspoonful of Worcestershire sauce to the gravy and pour over the kidneys.

HOT TARTARE SAUCE.

One tablespoonful of butter; melt in saucepan; stir in one tablespoonful of flour, enough boiling water to make it not too thick; let stand to cool five minutes, then drop in yolk of one egg and beat up and add a little more butter and water if too thick; then add a teaspoonful of vinegar and one teaspoonful of chopped pickled cucumber.

HORSERADISH SAUCE.

One-half teaspoon mustard, two teaspoons granulated sugar, salt and pepper to taste, one-quarter cup vinegar, one-quarter cup grated horseradish. Mix mustard and sugar, vinegar, etc.; add radish; three-quarters cup whipped cream.

MINT SAUCE.

One-fourth cup finely chopped mint leaves, one-half cup vinegar, one tablespoonful powered sugar, add sugar to vinegar, when dissolved pour over mint and let stand thirty minutes. If vinegar is very strong, dilute with water.

WHITE SAUCE.

Put two tablespoonfuls of butter in saucepan, stir until melted and bubbling; add one and one-half tablespoonfuls of flour mixed with a pinch of salt and pepper, and stir until thoroughly blended. Pour on gradually one cup scalded milk, stirring until well mixed, then beating until smooth and glossy.

CREAM SAUCE.

Make same as White Sauce. Using cream instead of milk.

DRAWN BUTTER SAUCE.

Melt one tablespoonful butter, add one tablespoonful flour mixed with a little salt and pepper, and pour in gradually three-fourths cup of hot water. Boil five minutes.

CAPER SAUCE.

One-half cup of Drawn Butter Sauce, one-half tablespoonful of chopped capers, one teaspoonful of juice from the bottled capers; let it just simmer and serve.

TOMATO SAUCE.

Put into a saucepan one-half pint of stewed tomatoes, one-half of a small onion, half a bay leaf, and half a blade of mace, a pinch of minced parsley; simmer slowly for fifteen minutes. Melt one-half tablespoonful of butter, add to it two teaspoonfuls of flour, mix until very smooth. Press the tomatoes through a sieve, add them to the butter and flour, and stir until it boils. Season with salt and pepper to taste.

CURRANT JELLY SAUCE.

One tablespoonful of butter, half a small onion chopped fine, half a tablespoonful of flour, one

celery leaf, half a cup of stock, two tablespoonfuls of currant jelly; fry onion light brown in the butter; stir in the flour, browning slightly; add celery leaf and then the stock; simmer twenty minutes; strain, reheat and add jelly and stir until dissolved; then serve.

BREAD SAUCE FOR CHICKEN.

One pint of hot milk, one onion, one tablespoonful of butter, one cupful of finely grated bread crumbs. Press cloves into the onion; add the hot milk and let it simmer for half an hour. Then add the butter and bread crumbs, stir until thickened. When ready to serve, take out the onion and cloves.

OYSTER SAUCE.

One cup of oysters, one tablespoonful of butter, one tablespoonful of flour, half cup milk and oyster liquor. Wash oysters, reserve liquor, heat, strain, add oysters and cook until plump. Remove the oysters and make a sauce of butter, flour, oyster liquor and milk. Add oysters and season with salt and pepper.

BAKED RICE CURRY.

Wash half a cupful of raw rice in three waters, and let it soak fifteen minutes in water enough to cover it. Boil an onion in a pint of water with a little salt until the onion is very soft. Strain the water, squeezing the onion hard in a bit of cloth. Throw it away, put the water over the fire with a

teaspoonful of curry-powder, and when it boils again pour upon the rice and the water in which it was soaked. Turn all into a jar with a close top, or a casserole dish with a cover, and set in a moderate oven until the rice has soaked up the liquid and is swollen and soft, but not broken. Serve in a deep, open dish, and pour over it a few spoonfuls of melted butter, loosening the rice gently with a fork to allow the butter to penetrate to the bottom. Serve with roast chicken, veal, or fish.

CRANBERRY JELLY.

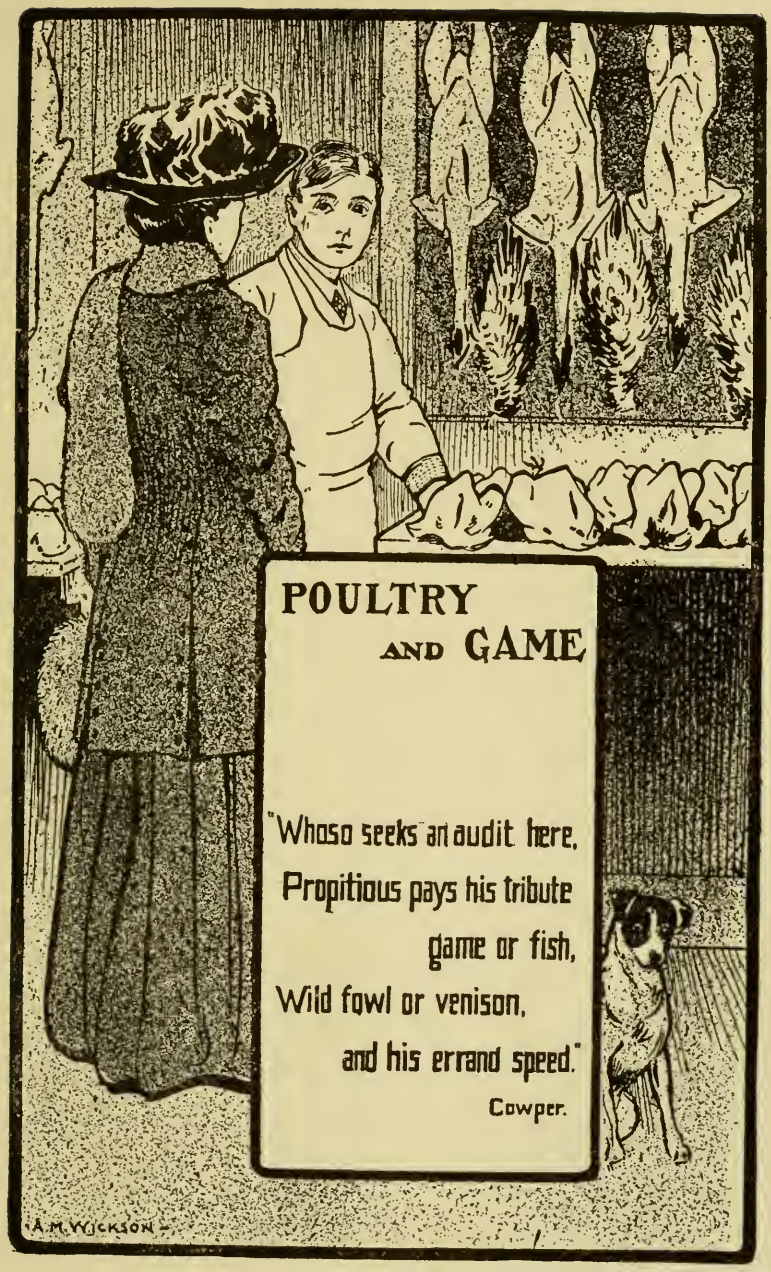
Wash one pint of cranberries, put them in a saucepan with a half pint of water. Cover the saucepan, boil for twenty minutes. Press the cranberries through a colander, return them to the fire, boil for ten minutes, add half a pound of sugar, stir until the sugar is dissolved, boil for five minutes and turn at once into a mould.

MUSHROOM SAUCE.

Half cupful of stock, half can of mushrooms, half the juice of the mushrooms, one teaspoonful of butter, one heaping teaspoonful of flour, skim the stock and put it and the mushroom juice in a saucepan on the fire. Now put the butter and flour in a frying pan, and stir together until well browned; remove from the fire and stir in the boiling stock, add the mushrooms, a few drops of lemon juice, salt and pepper; stew for five minutes.

PROPER RELISHES TO ACCOMPANY MEATS.

Roast Beef .....Grated Horseradish
Roast Mutton .....Currant Jelly
Roast Lamb .....Mint Sauce
Roast Pork .....Apple Sauce
Boiled Mutton.....Caper Sauce
Broiled Porterhouse Steak and Veal Cutlets.....
Mushroom Sauce
Broiled Steaks and Chops.....Tomato Sauce


POULTRY
AND GAME
"Whoso seeks an audit here,
Propitious pays his tribute
game or fish,
Wild fowl or venison,
and his errand speed."
Cowper.
A.M. WYCKSON

POULTRY AND GAME.

In choosing poultry, select those that are fresh and fat, and the surest way to determine whether they are young, is to try the skin under the leg or wing. If it is easily broken, it is young; or, turn the wing backwards; if the joint yields readily it is tender. When poultry is young the skin is thin and tender, the legs smooth, the feet moist and limber, and the eyes full and bright. The body should be thick and the breast fat. Old turkeys have long hairs, and the flesh is purplish where it shows under the skin on the legs and back. About March they deteriorate in quality.

Young ducks and geese are plump, with light, semi-transparent fat, soft breast-bone, tender flesh, leg-joints which will break by the weight of the bird, fresh-coloured and brittle beaks, and wind-pipes that break when pressed between the thumb and fore-finger. They are best in fall and winter.

Young pigeons have light red flesh upon the breast, and full, fresh-coloured legs; when the legs are thin and the breast very dark the birds are old.

Fine game birds are always heavy for their size; the flesh of the breast is firm and plump, and the skin clear; and if a few feathers be plucked from the inside of the leg and around the vent, the flesh of freshly-killed birds will be fat and fresh-coloured; if it is dark and discoloured, the game has been hung a long time. The wings of good ducks, geese, pheasants, and woodcock are tender to the touch; the tips of the long wing feathers of partridges are

pointed in young birds and round in old ones. Quail, snipe and small birds should have full, tender breasts. Poultry should never be cooked until six or eight hours after it has been killed, but it should be picked and drawn as soon as possible. Plunge it into a pot of scalding hot water; then pluck off the feathers, taking care not to tear the skin; when it is picked clean, roll up a piece of white paper, set fire to it, and singe off all the hairs.

Fowls, and also various kinds of game, when bought at our city markets, require a more thorough cleansing than those sold in country places, where as a general thing the meat is wholly dressed. In large cities they lie for some length of time with the intestines undrawn, until the flavour of them diffuses itself all through the meat, rendering it distasteful. In this case, it is safe after taking out the intestines, to rinse out in several waters, and in next to the last water, add a teaspoonful of baking soda; say to a quart of water. This process neutralizes all sourness, and helps to destroy all unpleasant taste in the meat.

Poultry may be baked so that its wings and legs are soft and tender, by being placed in a deep roasting pan with close cover, thereby retaining the aroma and essences by absorption while confined. These pans are a recent innovation, and are made double with a small opening in the top for giving vent to the accumulation of steam and gases when required. Roast meats of any kind can also be cooked in the same manner, and it is a great improvement on the old plan.

ROAST TURKEY.

Select a young turkey; remove all the feathers carefully, singe it over a burning newspaper on the top of the stove; then "draw" it nicely, being very careful not to break any of the internal organs; remove the crop carefully; cut off the neck close to the body. Now rinse the inside of the turkey out with several waters, and in the next to the last, mix a teaspoonful of baking soda; oftentimes the inside of a fowl is very sour, especially if it is not freshly killed. Now, after washing, wipe the turkey dry, inside and out, with a clean cloth, rub the inside with some salt, then stuff the breast and body with "Dressing for Fowls." Then sew up the turkey with a strong thread, tie the legs and wings to the body, rub it over with a little soft butter, sprinkle over some salt and pepper, dredge with a little flour; place it in a dripping pan, pour in a cup of boiling water, and set it in the oven. Baste the turkey often, turning it round occasionally so that every part will be uniformly baked. When pierced with a fork and the liquid runs out perfectly clear, the bird is done.

GRAVY FOR TURKEY.

When you put the turkey in to roast; put the neck, heart, liver and gizzard into a stew-pan with a pint of water; boil until they become quite tender; take them out of the water, chop the heart and gizzard, mash the liver and throw away the neck; return the chopped heart, gizzard and liver to the liquor in which they were stewed; set to one side, and when

the turkey is done it should be added to the gravy that dripped from the turkey, having first poured off the fat from the surface of the dripping-pan; set it all over the fire, boil three minutes and thicken with flour. It will not need brown flour to colour the gravy. The garnishes for turkey or chicken are fried oysters, rashers of bacon, slices of lemon, fried sausages, force-meat balls, also parsley.

TURKEY HASHED.

Cut the remnants of turkey from a previous dinner into pieces of equal size. Boil the bones in a quart of water, until the quart is reduced to a pint; then take out the bones, and to the liquor in which they were boiled add turkey gravy, or white stock, or a small piece of butter with salt and pepper; let the liquor thus prepared boil up once; then put in the pieces of turkey, dredge in a little flour, give it one boil-up, and serve in a hot dish.

TURKEY WARMED OVER.

Pieces of cold turkey or chicken may be warmed up with a little butter in a frying pan; place it on a warm platter, surround it with small thick slices of bread or biscuit halved, first dipping them in hot salted water; then place the platter in a warm oven with the door open. Have already made the following gravy to pour over all. Into the frying-pan put a large spoonful of butter, one or two cupfuls of milk, and any gravy that may be left over. Bring it to a boil; then add sufficient flour, wet in a little cold milk or water, to make it the con-

sistency of cream. Season with salt and pepper, add a little of the dark meat chopped very fine. Let the sauce cook a few moments; then pour over the biscuit and fowl. This will be found a really nice dish.

ROAST CHICKEN.

Prepare your chicken. Make a dressing of bread crumbs, butter, pepper and salt, summer savory or thyme to taste. Put a pint of hot water in the dripping-pan, add to it a small tablespoonful of salt and a small teaspoonful of pepper. Baste frequently and let it roast quickly without scorching. When nearly done add a piece of butter the size of a large egg to the water in the pan; when it melts baste with it, dredge with flour, baste again and let it finish. From three-quarters to one hour will roast if the fire is right. When done take it up, let the giblets (heart, liver and gizzard) boil tender and chop fine. Put them in the gravy. Add a tablespoonful of browned flour and a bit of butter. Stir it over the fire for a few minutes, then serve in a gravy tureen.

FRIED SPRING CHICKEN.

Clean and joint the chicken, then soak in salt water for an hour. Have frying-pan ready with equal parts of lard and butter enough to cover the chicken. Roll each piece of chicken in flour, dip in beaten egg, drop into boiling hot fat. Fry until brown. Serve on heated platter, garnished with parsley. Pour most of the fat from the pan, and

thicken the remainder with browned flour, and add one cupful of hot milk. Serve in gravy boat.

CHICKEN CROQUETTES.

A half cupful of minced chicken, add salt and pepper to taste, and enough gravy thickened with flour to mould into egg-shaped rolls. Sprinkle well with bread crumbs, and brown in a heaping teaspoonful of hot butter in an uncovered dish. When a nice brown, remove croquettes to a hot dish. Add to the butter left in the pan one teaspoonful of soaked bread crumbs and four tablespoonfuls of heated milk, boil until thick enough to spread evenly, add the seasoning you like.

CREAMED CHICKEN.

Cut the chicken in pieces and boil until the meat falls from the bones; when cool cut the meat in small squares. Make a sauce by thickening the liquor in which the chicken was cooked with flour; add one pint of milk; a little butter, season with salt and pepper. Add the chicken and cook ten minutes.

BROILED CHICKEN.

Select a young chicken for broiling. Split it up the back, sprinkle with salt and pepper, rub with soft butter and place on a broiler for twenty minutes. Garnish with parsley.

CHICKEN STEW.

Cut up the fowl as for frying; wash and put in a

kettle with plenty of water, salt and pepper and if the chicken is not fat, a little butter. Cook until tender and drop in dumplings made according to the "Dumpling" recipe.

CHICKEN PIE.

Cut the chicken in pieces and put in a baking dish; season with bits of fried bacon, pepper and salt, and a little chopped parsley. Make a gravy of the stock in which the chicken was boiled, by adding a little flour rubbed smooth in water; pour over the chicken; put in the trimmings of the crust. Cover with a rich pie crust to which has been added two eggs. Bake until done.

CHICKEN JELLY.

Cook a chicken in enough water to little more than cover it; let it stew gently until the meat drops from the bones, and the broth is reduced to about a pint; season it to taste, with a little salt and pepper. Strain and press, first through a colander, then through a coarse cloth. Set it over the fire again, and cook a few minutes longer. Turn it into an earthen vegetable dish to harden; set it on the ice in the refrigerator. Eat cold in slices. Nice made into sandwiches, with thin slices of bread, lightly spread with butter.

JELLIED CHICKEN.

Cut chicken into joints and put into a pan or stew-jar. Put in a very little salt and a peppercorn,

and just cover with water; let it stew gently for two or three hours or more, adding a little water if required. When the meat falls from the bones take off the meat and pound up the bones, and give them an extra boil. Strain the liquid from the meat (and bones) and when cold take off any fat. It becomes a jelly, and can be eaten cold or warmed up.

ROAST GOOSE.

The goose should not be more than eight months old, and the fatter the more tender and juicy the meat. Stuff with the following mixture: Three pints of bread crumbs, six ounces of butter, or part butter and part salt pork, one teaspoonful each of sage, black pepper and salt, one chopped onion. Do not stuff very full, and stitch openings firmly together to keep flavour in and fat out. Place in a baking pan with a little water, and baste frequently with salt and water (some add vinegar); turn often so that the sides and back may be nicely browned. Bake two hours or more; when done take from the pan, pour off the fat, and to the brown gravy left, add the chopped giblets which have previously been stewed until tender, together with the water they were boiled in; thicken with a little flour and butter rubbed together, bring to a boil and serve. English style.

ROAST DUCK.

Wash and dry the duck. Make a stuffing of bread, onion, pepper, salt and butter; insert, and sew up completely that the seasoning may not escape. If

tender, ducks do not require more than an hour to roast; keep them well basted, and a few minutes before serving dredge lightly with flour to make them froth and look plump. Pour brown gravy over them. Accompany with currant jelly or green peas.

WILD DUCK.

Make a dressing of veal, mushrooms and bread chopped fine; soak the bread in cold water and mix with mushrooms and veal; season with pepper and salt and a little garlic to taste; remove all the breast of the duck on either side; spread the dressing on the breast and roll it up and tie it; place it in a pan with a little butter, and salt, bake until it is nicely browned; add one-half cup of Rhine wine and let it simmer two minutes; cover with espagnole sauce; cook slowly forty minutes, and serve hot with croutons.

TO COOK QUAIL.

Cut the quail in half; salt, with a little onion juice to flavour; when nicely browned add one pint of Burgundy wine; simmer ten minutes; two tablespoons espagnole; then add eight large oysters and four mushrooms; drop the oysters in so as not to cook too much; season with salt, lemon juice and cayenne, serve hot.

ROAST QUAIL.

Clean the quail, and wash in soda and water. Cleanse again with clear water and wipe dry. Put

two oysters inside each quail, sew up and place side by side in a baking-pan. Pour a little boiling water over them, cover and roast half an hour, basting often with butter. Serve upon pieces of fried toast laid on a hot dish. Make a gravy and pour a spoonful over each.

SNIPE AND OTHER SMALL BIRDS BROILED.

After dressing the birds, wipe dry and split down the backbone, rub with melted butter, sprinkle with pepper but do not salt. Lay on hot broiler over a clear bed of coals; turn often and cook until both sides are browned; take up on hot platter and sprinkle with salt, and pour over each half one-half teaspoonful of melted butter.

PIGEON ROASTED.

Stuff the birds the same as for roasted chickens. Rub them well with butter, rub with salt and lay on slices of bacon in a dripping pan, with one cup of boiling water. Bake in a hot oven, basting often, and turning them that they may brown on both sides. Serve with giblet gravy and currant jelly.

PIGEON BROILED.

Clean and wash two birds, split down the back, lay on a hot buttered gridiron with the bone sides toward the fire. Baste with melted butter, keep covered, broil twenty minutes slowly; turn a few minutes before it is done, then salt and pepper. Lay on buttered toast, add butter and the juice which escaped while broiling.

WILD GOOSE.

Dress; wash thoroughly and soak for an hour or more in salt water. Then wash in boiling water; wipe dry; place in a dripping pan; stuff with a small onion, chopped; a slice of bacon, a tablespoonful of sherry wine. After the goose has been well rubbed inside and outside with salt and pepper, put in a roasting pan with sufficient stock or water to make gravy; dredge with flour and bake for half an hour. Garnish with roasted onions.

BROILED SQUABS.

Squabs are better broiled than cooked in any other way. Rub with soft butter; season with pepper and salt and fold in a buttered paper to prevent burning. Serve on buttered toast with currant or any other tart jelly.

ROAST PARTRIDGES.

Clean and truss as you would chickens. Bind thin slices of fat salt pork or bacon over the breasts and put into your roaster with half a cupful of boiling water. Pepper and salt the birds and wash over with melted butter, letting it drip into the pan below. Cook, covered, forty-five minutes, basting four times with butter and water. Serve with a good bread sauce, but after dishing pour over the birds several spoonfuls of their own gravy from the pan.

FRIED RABBIT.

Skin and wash the rabbit in strong soda water;

let stand in salt water for one hour and a half. Wipe dry; rub the surface with melted butter; season with salt and pepper. Fry in hot lard and butter with a strip of bacon in the skillet, turning several times, until well done. Serve with currant jelly.

RABBIT PIE.

Skin and wash the rabbit; cut in pieces, add a small sliced onion to the water, and stew until well done. Put in an earthen dish, and after enough of the liquor in which the rabbit was stewed has been poured over the meat to cover it nicely, cover with a rich pie crust and bake until the crust is brown.

ROAST HAUNCH OF VENISON.

To prepare a haunch of venison for roasting, wash it slightly in tepid water, and dry it thoroughly by rubbing it with a clean, soft cloth. Lay over the fat side a large sheet of thickly buttered paper, and next a paste of flour and water about three-quarters of an inch thick; cover this again with two or three sheets of stout paper, secure the whole well with twine, and put down to roast, with a little water, in the dripping pan. Let the fire be clear and strong; baste the paper immediately with butter or clarified drippings, and roast the joint from three to four hours, according to its weight and quality. Doe venison will require half an hour less time than buck venison. About twenty minutes before the joint is done remove the paste and paper, baste the meat in every part with butter, and dredge it very lightly with flour; let it take a pale brown colour,

and serve hot with unflavoured gravy made with a thickening, in a tureen and good currant jelly.

VENISON CUTLETS.

Clean and trim the venison cutlets; rub well with melted butter; salt and pepper; dip in beaten egg; roll in cracker crumbs; fry in lard and butter until well done; serve hot.

BROILED VENISON STEAK.

Rub the venison steak well with melted butter; put on a hot broiler, well-greased, and broil until done. Put on a hot platter; spread with butter; season with salt and pepper; serve very hot with a slice of lemon.

GAME PIE.

One turkey liver, the legs of one partridge, three-quarters pound of forcemeat, three-quarters cup of bread crumbs, one-quarter teaspoonful of cinnamon, a teaspoonful of cloves. Chop up the liver very fine, also the meat of the partridge legs; add the bread crumbs after having put them through a sifter; add pepper and salt to taste. Mix all together and moisten with water. Put it in a pan and cook for half an hour, keeping it moist and turning over often. Put in a pie dish and cover with paste and bake. To be eaten cold.

DRESSING OR STUFFING FOR FOWLS.

For an eight or ten-pound turkey, cut the brown

crust from slices or pieces of stale bread until you have as much as the inside of a pound loaf; put it into a suitable dish, and pour tepid water (not warm, for that makes it heavy) over it; let it stand one minute, as it soaks very quickly. Now take up a handful at a time and squeeze it hard and dry with both hands, placing it as you go along, in another dish; this process makes it very light. When all is pressed dry, toss it all up lightly through your fingers; now add pepper, salt,—about a teaspoonful —also a teaspoonful of powdered summer savory, the same amount of sage, or the green herb minced fine; add a little melted butter, and a beaten egg. Work thoroughly all together, and it is ready for dressing either fowls, fish or meats. A little chopped sausage and the finest possible paring of lemon-peel in turkey dressing is an improvement, when well incorporated with the other ingredients.

OYSTER DRESSING OR STUFFING.

This is made with the same ingredients as the above, with the exception of half a can of oysters drained, and slightly chopped and added to the rest. This is used mostly with boiled turkey and chicken, and the remainder of the can of oysters used to make an oyster sauce to be poured over the turkey when served, and also served in a separate dish.

These recipes were obtained from an old coloured cook, who was famous for his fine dressings for fowls, fish and meats, and his advice was, always soak stale bread in cold liquid, either milk or water, when used for stuffing or puddings, as they were much lighter. Hot liquid makes them heavy.

POTATO STUFFING FOR ROAST GOOSE.

Eight good-sized potatoes, boil and mash, salt and pepper to taste, four onions very finely chopped and mixed with hot potato. Stuff body of goose as full as possible.

FOWL DRESSING.

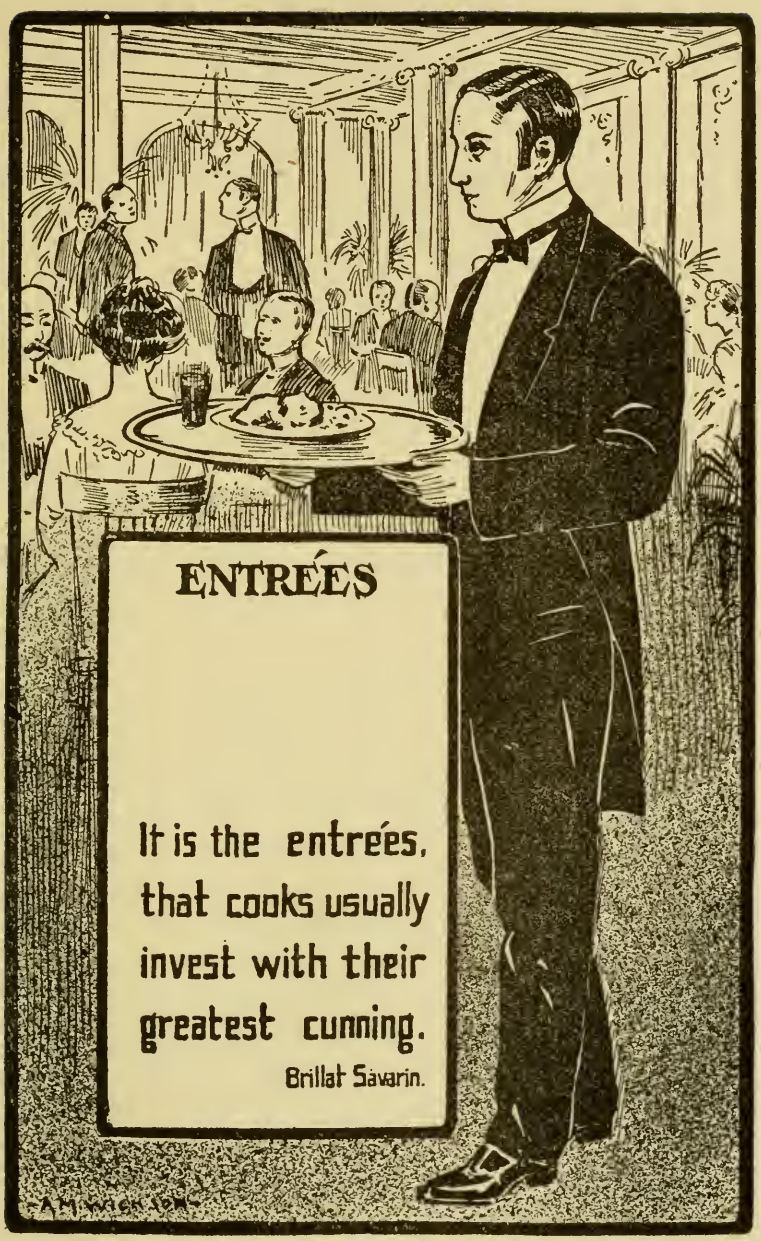
Steam very stale bread according to size of fowl, add finely chopped onions and apples, raw eggs, salt, pepper and allspice to taste. Quantities: for a duck: small bowl bread, one onion, two apples, three eggs, mixed well.

APPLE STUFFING.

One pint tart apple-sauce, one small cup bread crumbs, sage, one small onion finely minced, salt and pepper. For roast goose, duck and game.

PROPER RELISHES TO ACCOMPANY POULTRY AND GAME.

Boiled Chicken.....Bread or Egg Sauce
Roast Turkey.....Cranberry Sauce
Boiled Turkey.....Oyster Sauce
Venison, Wild Duck or Game..Currant Jelly Sauce
Roast Goose.....Apple Sauce
Small Roast Birds.....Bread Sauce
Poultry and Boiled Fish.....Oyster Sauce


ENTRÉES
It is the entrées, that cooks usually invest with their greatest cunning.
Brillat Savarin.

ENTREES.

RICE CROQUETTES.

Teacupful of cold boiled rice, a teaspoonful of sugar, one teaspoonful of melted butter, half teaspoonful of salt and one egg. Add sufficient milk to make a firm paste; beat thoroughly; shape into balls; dip in beaten egg; roll in flour; fry in hot lard until brown.

BANANA CROQUETTES.

Peel and cut banana into four pieces, and let stand in lemon juice for three or four hours. Dip in beaten egg and cracker crumbs, and fry until a light brown.

BAKED BANANAS.

Peel the bananas; lay in a shallow pan; add lemon juice, bits of butter, a sprinkling of sugar and a little water. Bake until a light brown colour.

FRIED BANANAS.

Put three tablespoonfuls of butter in a skillet; melt; lay in the peeled bananas which have been sprinkled with lemon juice, and a little salt; fry until of a light brown colour, turning several times.

FISH CROQUETTES.

See under Fish Recipes. Page 36.

CHICKEN CROQUETTES.

See under Poultry and Game Recipes. Page 88.

BEEF OR MEAT CROQUETTES.

See under Meat Recipes. Page 57.

BANANA FRITTERS.

Put into a mixing bowl one cup of flour, two teaspoonfuls of baking powder, one large tablespoonful of sugar, quarter teaspoonful of salt and sufficient milk to make a stiff batter. Then add one well beaten egg; slice bananas into the mixture; stir well and drop from the spoon into very hot deep lard; fry until of a light brown, drain and serve.

CORN FRITTERS.

To half pint of corn pulp, fresh or canned, add one egg, pepper and salt and sufficient flour to make a batter. Fry on a buttered griddle or in deep lard until of a light brown.

GREEN CORN PATTIES.

To half pint of grated corn, add one well beaten egg; one-fourth cup of cream, and quarter cup of flour, with one-half teaspoon of baking powder stirred in it; season with pepper and salt and fry in butter, dropping the batter in spoonfuls; serve a few at a time, very hot, as a relish with meats.

ORANGE AND FRUIT FRITTERS.

Make a batter of one cup of flour, two teaspoon-

fuls of baking powder, a pinch of salt, and one well beaten egg. Peel and quarter the oranges; remove all seeds; dip each quarter in the batter and fry in hot lard. Any fruit can be substituted in place of oranges.

RICE FRITTERS.

Wash and boil half a cup of rice in cup of milk with pinch of salt. When tender remove from the fire and add the yolk of an egg and one teaspoonful of butter. Shape into balls, roll in fine cracker crumbs; dip in beaten eggs; roll again in the crumbs and fry in hot lard until brown.

BAKED RICE.

Mix cold boiled rice with a little milk, butter, and a beaten egg; season and put in baking dish and bake until brown.

NUT SCRABBLE.

One cup sifted Indian meal, half a cup of hominy, half a teaspoonful of salt and sufficient boiling water to make a consistency for frying. Cook for half hour in double boiler. Take from the fire and mix in one cup of ground hickory nut meat. Pour into buttered pan. When cold, slice and fry in hot lard.

PILAF.

To one cup of water, add a little salt and the juice of a tomato. Put on the stove and when boiling

add half a cup of rice and cook until the rice soaks up the water. Add melted butter to taste. It is then ready to serve.

STUFFED SWEET PEPPERS.

Make an incision in one side, and extract the seeds through this with a bit of stick. Stuff with a forcemeat of tongue, chicken, ham, or veal, mixed up with boiled rice, and seasoned with salt, a dash of onion juice, and a little butter. Sew up the peppers with a few stitches, pack them into a bake-dish, pour in enough weak stock to keep them from burning, cover and bake in a moderate oven for an hour, then dish, withdrawing the strings. Keep hot while you add to the gravy in the dish a tablespoonful of brown roux. Boil up once and pour over the peppers. Should the gravy have boiled away too much, put in a little boiling water to thin the roux.

SPAGHETTI.

Put the spaghetti in boiling water and let it boil for twenty-five minutes—watching it carefully not to let it get too soft or "mushy"—yet being sure it is thoroughly cooked. When done remove from boiling water and strain. Place a tablespoonful of butter in the bottom of a heated dish and serve the spaghetti hot in this, passing the sauce and finely grated Parmesan cheese with same.

BOILED MACARONI.

One cup of macaroni broken in pieces an inch

long; boil in water to which a pinch of salt has been added, until tender. Strain into a colander and let cold water run through to prevent the macaroni from sticking together; add one cup of cream; re-heat and serve hot.

MACARONI WITH TOMATO SAUCE.

Prepare and cook the same as for Boiled Macaroni. Re-heat in two cups of sauce made according to the Tomato Sauce recipe.

BAKED MACARONI.

Prepare the same as Boiled Macaroni. Put into a buttered baking-dish; cover with crumbs and bits of butter; bake until brown.

BAKED MACARONI WITH CHEESE.

Prepare the same as Boiled Macaroni. Put into a buttered baking-dish in layers, alternating with layers of grated cheese. Cover with crumbs and bits of butter; bake until brown.

BAKED MACARONI WITH TOMATO SAUCE.

Prepare the same as Baked Macaroni with Cheese, using tomato sauce instead of the grated cheese. Cover with crumbs and bits of butter; bake until brown.

CHEESE SAVORY.

Toast slices of white or brown bread, half-inch

thick; one yolk of egg, tablespoonful of cream, one ounce of bread crumbs, two ounces of grated cheese; pepper, salt, cayenne to taste; pour the mixture on the toast, brown in oven and serve very hot.

CHEESE FONDU.

Half cupful grated cheese, half cupful stale bread crumbs, half cupful milk, one egg, butter, pinch of salt, pinch of pepper, pinch of mustard, pinch of cayenne pepper. All the ingredients except the butter, egg and milk should be mixed in the dish in which they are to be baked. After that has been done beat the egg, and when it has been beaten add the milk to it and pour the combined liquids over the dry materials. Melt a piece of butter about the size of an egg and add that, too. Bake for from fifteen to twenty minutes in a hot oven.

SCALLOPED CHEESE.

Take one and a half slices of bread, well-buttered, first cutting off the brown outside crust. Grate fine two ounces of any kind of good cheese; lay the bread in layers in a buttered baking-dish, sprinkle over each the grated cheese, some salt and pepper to taste. Mix two well beaten eggs with one and a half cups of milk; pour it over the bread and cheese. Bake it in a hot oven as you would cook a bread pudding.

ENGLISH MONKEY.

Soak half a cupful of stale bread crumbs in half a cup of milk fifteen minutes; put one heaping tea-

spoonful of butter into chafing-dish; add one-third of a cup of cheese cut fine; stir until melted, add crumbs with one beaten egg.

BEEF OLIVES.

Beef "olives" are exceedingly dainty when well made, and if they are served with corn or potato bread and a mixture of cooked vegetables, macedoine, make a complete meal. Purchase a pound and a half of thin round steak; cut it into strips about two inches wide and five inches long. Mix a cupful of stale bread crumbs with half a teaspoonful of salt and a dash of pepper and (if you have it) a tablespoonful of chopped celery, and pour over one tablespoonful of melted butter. Put a layer of this in the centre of each strip of meat, roll the strips up, tie with twine and dredge them thickly with flour. Put a little suet or bacon fat in a frying-pan; when hot put in the beef "olives," as these rolls are now called, shake them until they are brown on all sides and lift them to a stewing-pan. Add to the fat remaining in the pan four level tablespoonfuls of flour, mix and add one pint of stock or boiling water; bring to the boiling point, strain it over the rolls and add one slice of onion, a bay leaf and a level teaspoonful of salt; cover the pan and cook very gently for one hour. Remove the strings, place the "olives" on a hot dish and pour over the sauce. Garnish with boiled rice or potatoes.

VEGETABLES
Witness, thou best Anana,
thou the pride
Of vegetable life,
beyond what'er
The poets imaged
in the golden age.
Quick, let me strip thee
of thy tufty coat,
Spread thy ambrosial stores
and feast with Jove.
THOMPSON.
A. M. WICKSON

VEGETABLES.

Vegetables of all kinds should be thoroughly picked over, throwing out all decayed or unripe parts, then well washed in several waters. Most vegetables, when washed, are better when laid in cold water a short time before cooking. When partly cooked, a little salt should be thrown into the water in which they are boiled, and they should cook steadily after they are put on, not allowed to stop boiling or simmering until they are thoroughly done. Every sort of culinary vegetable is much better when freshly gathered and cooked as soon as possible, and, when done, thoroughly drained, and served immediately while hot.

Onions, cabbage, carrots and turnips should be cooked in a great deal of water, boiled only long enough to sufficiently cook them, and immediately drained. Longer boiling makes them insipid in taste, and with too little water they turn a dark colour.

Potatoes rank first in importance in the vegetable line, and consequently should be properly served. It requires some little intelligence to cook even so simple and common a dish as boiled potatoes. In the first place, all defective or green ones should be cast out; a bad one will flavour a whole dish. If they are not uniform in size, they should be made so by cutting after they are peeled. The best part of a potato, or the most nutritious, is next to the skin, therefore they should be pared very thinly, if at all; then (if old, the cores should be cut out) thrown into cold water salted a little, and boiled

until soft enough for a fork to pierce through easily; drain immediately, and replace the kettle on the fire with the cover partly removed, until they are completely dried. New potatoes should be put into boiling water, and when partly done salted a little. They should be prepared just in time for cooking, by scraping off the thin outside skin. They require about twenty minutes to boil.

BOILED POTATOES.

Wash; pare, cutting off as little as posible of the potato; removing all dark spots and eyes; drop immediately into cold water. Put over to boil in plenty of boiling water, with a small handful of salt. Boil until easily pierced with a fork. Drain off *all* the water; and replace the kettle on the fire, with cover removed, and shake until completely dried.

MASHED POTATOES.

Prepare the potatoes as for boiling. Boil until thoroughly tender; drain off *all* the water; add a heaping tablespoonful of butter, a teaspoonful of salt, a pinch of pepper and from one-third to one-half cup of hot milk; mash, beat, and stir with a wire potato masher until creamy; reheat and put in a hot covered dish. Place small bits of butter over the top and sprinkle with pepper.

BAKED POTATOES.

Select large potatoes of uniform size and shape, wash and scrub them with a brush; bake them in a

hot oven about an hour; press them to see if done, but do not pierce them with a fork; when soft break the skin in one place and serve at once. They become watery if kept.

RICED POTATOES.

Prepare as for boiling; cook until tender; force through a potato ricer or strainer directly into the heated dish in which you wish to serve them. Bits of butter and a sprinkling of pepper may be added to the top.

SARATOGA CHIPS.

Peel the potatoes; cut into very thin slices; drop into cold water; let soak one-half hour; drain off the water; dry the slices with a towel; drop, a handful at a time, into very hot lard, stirring with a fork to prevent sticking to the kettle or each other. Fry until light brown and remove from the hot lard with a skimmer. Sprinkle with salt.

PARISIENNE OR POTATO MARBLES.

Pare and cut the potatoes in the shape of marbles with a French vegetable cutter. Fry the same as Saratoga Chips. Salt and serve hot.

FRIED POTATOES.

Cold boiled potatoes are sliced, then put into a sauté-pan with butter, and cooked until browned on both sides. If rolled in flour they will form a crisp

crust. Raw potatoes are sliced or cut into any shape, and put into cold water for half an hour. They are then well dried on a napkin, and immersed in hot fat until done. Too many must not be put in the basket at once, as it cools the fat. Fry them to an amber colour; then drain, and place them on a paper in the oven until all are done. Serve them at once, as they lose their crispness if kept.

SCALLOPED POTATOES.

Butter a baking dish; put in a layer of sliced raw potatoes; sprinkle with salt and pepper; add bits of butter. Fill the dish with these layers, covering the top with cracker crumbs and bits of butter. Pour in milk or cream until it can be seen through the top layer. Bake an hour, or until the potatoes are soft.

FRIED RAW POTATOES.

Peel three good-sized potatoes very evenly and cut them in thin slices. Put into a frying pan one teaspoonful of butter and one of lard, and as soon as it boils add the sliced potatoes, sprinkling them over with salt and pepper. Cover them with a close-fitting lid, letting the steam partly cook them. Remove the lid and then fry brown shaking and turning them very carefully with a wooden ladle, so as to brown equally and not break the slices.

POTATO BALLS.

One pint of mashed potatoes; add a little milk or cream—just enough to moisten slightly; season with

salt and pepper. Beat two eggs; add one to the potatoes; form into balls; brush with the beaten egg; bake until brown.

POTATO CROQUETTES.

One pint of mashed potatoes; add one large tablespoonful of butter, salt and pepper and a few drops of onion juice. Mash with a potato masher until light. When cool add the yolks of two eggs well beaten.

CHINESE STICKS.

Use any mashed white potatoes that have been left over from another meal, mixing, with each cupful the beaten yolk of an egg. After sprinkling a board with flour put the mixture upon it and sprinkle it, too, with flour. Roll down to a thickness of less than an inch, and cut in narrow strips. Have ready some smoking-hot lard, and, dropping the strips into it, fry them until they have turned a delicate brown. When they are done lift them out, drain, and serve immediately on a hot dish.

STUFFED POTATOES.

Bake four medium-sized potatoes. When done, cut lengthwise in half, scoop out the inside, mixing it with butter, pepper, salt and two tablespoonfuls of cream; beat until light, return to the shell of the potato. Place them again in the oven until ready to serve.

SNOW POTATOES.

Boil and mash the potatoes. Season with butter, pepper, salt and cream. Then run them through the potato ricer.

PUFFED OR SOUFFLE POTATOES.

Peel four potatoes; cut the sides square, and trim off the corners, so as to give an oval shape. With one even cut slice them one-eighth of an inch thick the length of the potato; they must be all the same size and shape. Soak them in cold water for half an hour; dry them on a napkin, and fry them in fat which is only moderately hot until they are soft, but not coloured. Remove and place them on a sieve to drain and cool. Then immerse them in hot fat, when they will puff into balls. Toss the basket, and remove any that do not puff. Sprinkle with salt, and serve them on a napkin, or as a garnish. Holland potatoes best suit this purpose; it is impossible to get the same result with most of the other varieties.

POTATO SCONES.

Three large boiled potatoes, mash carefully and salt; knead potato with a little flour, form into scones an inch thick. Bake in moderate oven and prick to prevent blistering. Split and butter plentifully, and serve at once, piping hot.

SWEET POTATOES.

Wash and scrub the potatoes; put them in boiling

water, and cook until they can be pierced with a fork; then pour off the water. Cover the pot with a cloth, and draw it to the side of the range to let the potatoes steam for ten minutes. Peel them before serving.

BAKED SWEET POTATOES.

Wash and scrub the potatoes without breaking the skin. Bake until soft; then break the skin in one place, and serve at once.

BROWNED SWEET POTATOES.

Cut cold boiled potatoes into slices one-quarter of an inch thick. Sprinkle them with salt and pepper; spread with butter, and sprinkle with sugar. Place them in a hot oven to brown.

CANDIED SWEET POTATOES.

Boil sweet potatoes until just done. Peel and lay them in a shallow pan. Sprinkle them with brown sugar and bits of butter. Put the pan in the oven and let the potatoes slightly brown.

SWEET POTATO PUREE.

Mash thoroughly the boiled potatoes, and season them well with salt, pepper, and butter; add enough hot milk to moisten them. Serve it the same as mashed white potato; or put it in a pudding-dish, brush the top with egg, and brown it in the oven. Serve with it a tomato sauce, and use as a luncheon dish. Either boiled or baked potatoes may be used.

BOILED ASPARAGUS.

Scrape the stalks and lay them in cold water for half an hour; tie into rather loose bundles with soft string, and cook in hot, salted water for half an hour. Undo the strings and arrange the stalks upon a hot dish. Serve drawn or melted butter.

ASPARAGUS TIPS.

Use for this dish only the delicate tips of asparagus, less than two inches long. Boil in hot, salted water until tender; drain, turn into a deep dish, pepper, salt, butter, and pour a good white sauce over them—half a cupful to one cupful of the tips.

ASPARAGUS AND CREAM SAUCE.

Prepare the same as boiled asparagus. Pour over the asparagus, cream sauce made according to the Cream Sauce recipe. It may be used with or without toast.

ASPARAGUS ON TOAST.

Prepare the same as boiled asparagus, leaving enough water to make gravy; a small tablespoonful of butter; season with salt and pepper; thicken a little with flour and pour over the asparagus which has been laid on buttered toast.

GREEN BEANS.

String two quarts of beans and cut into two-inch lengths, wash and cook in boiling, salted water.

Boil in uncovered vessel until soft. Drain and add one tablespoonful of butter.

BOSTON BAKED BEANS.

See under Meats, Pork and Beans page 63.

LIMA BEANS.

Put them into salted boiling water, and cook until tender, then drain off the water. Moisten them with butter, and season with salt and pepper; and add, if convenient, a little hot cream or cover with white sauce.

YOUNG BOILED BEETS.

After washing them, boil three-quarters of an hour, scrape, slice, and pour over them a tablespoonful of butter, two of vinegar, and a little pepper and salt.

OLD BEETS (BOILED).

Wash and cook in hot, salted water from two to three hours, according to age and size. Throw at once into cold water when done, to loosen the skins; peel quickly, slice thin, dish, and pour over them a sauce made of three tablespoonfuls of scalding vinegar, a tablespoonful of butter, and a little pepper and salt. Serve hot. "Left-overs" of beets should be kept for salad and for garnishes.

BEET GREENS.

Wash carefully the leaves and stalks of young

beets. Boil until tender in an uncovered vessel. Drain and season with butter. Beet greens are very nice served with corn beef hash.

BOILED CABBAGE.

Select a small head of cabbage; remove the wilted leaves; quarter and cut out the heart. Drop and let stand in cold water for a few minutes; cook uncovered in boiling, salted water until tender. Drain, add butter and seasoning to taste.

CREAMED CABBAGE.

Chop half a small cabbage and boil until tender. Drain. Make the following sauce and pour over: Heat one cup of milk or cream thickened with a dessert-spoonful of flour, add butter and season.

BAKED CABBAGE.

Cook as for Boiled Cabbage; drain and season; add butter; place in a buttered baking dish; cover with sauce made according to the White Sauce recipe; cover with a layer of crumbs and bits of butter; bake until brown.

BOILED CARROTS.

Wash, scrape and cut young carrots in slices or cubes; cook until soft in boiling, salted water. Drain, and season with butter, salt and pepper.

CREAMED CARROTS.

Slice new carrots and boil until tender in salted

water; use as little water as possible and prevent burning, so that the sweetness will remain in the vegetable, and not be thrown away in the water. Prepare a cream of two tablespoonfuls butter rubbed into two tablespoonfuls flour, and one pint of boiling milk or thin cream poured over it. Let all boil up once with the carrots. Sprinkle chopped parsley over the dish just before sending to the table.

BOILED CAULIFLOWER.

Boil the cauliflower, tied in a net, in plenty of hot, salted water, in which has been stirred a tablespoonful of vinegar; when done, drain and dish, the flower upward. Pour over it a cupful of drawn butter seasoned with lemon-juice, pepper, and salt. Serve very hot.

BOILED CAULIFLOWER WITH TOMATO SAUCE.

Cook as directed in last recipe, but when dished pour over it, instead of the white sauce, a cupful of strained tomato sauce, seasoned with butter, sugar, salt, and paprica.

CAULIFLOWER AU GRATIN.

Boil one cauliflower (after removing leaves) until tender. Strain off the water and place in a dish. Cover with grated cheese, some white sauce and some fried bread crumbs. Add some small pieces of butter and bake until a nice brown.

CELERY WITH WHITE SAUCE.

Remove the outer stalks of the celery for cooking, keep the centre to serve raw; wash and cut the stalks for cooking into small pieces. Cook in boiling salt water until tender; drain and add to one and a half cups of sauce made according to the White Sauce recipe.

CELERY FRITTERS.

Prepare and cook the celery as for Celery with White Sauce. Dip the pieces, which should be about two inches in length in Fritter Batter and fry in hot lard.

CORN ON THE COB.

Select corn which is well filled, but not so old that the kernels cannot be easily cut with the finger nail. Remove the husks and pick off all silks. Cook for fifteen minutes in salted boiling water.

STEWED SWEET CORN.

Remove the husks and pick off all silks. Cut the corn from the cob with a sharp knife; scrape the cob; season with salt and pepper; add very little water and stew fifteen minutes. To a half pint of corn pulp add one teaspoonful of butter and a half teacup of cream or milk.

CORN DROPS.

Husk and pick off the silks from the corn; cut

from the cob until you have a teacupful of pulp; add one egg, well beaten, and quarter of a cup of flour; season with salt and pepper. Drop with a tablespoon into hot fat.

CANNED CORN

may be used satisfactorily in most dishes that call for green corn. If, before cooking it, the contents of the can be turned into a fine colander, and cold water poured over it to wash off the liquor in which it was preserved, the taste will be cleaner and sweeter. Like all other "canned goods," corn should be opened and poured out upon an open dish for some hours before it is used to get rid of the close, smoky flavour and smell.

CORN SOUTHERN STYLE.

Chop half a can of corn; add one egg well beaten, one teaspoonful of butter and a half pint of hot milk; season with salt and pepper; turn into a well greased baking-dish and bake until firm.

STEWED MUSHROOMS.

Remove the stems from the mushrooms; peel the cap and cut both into small pieces. Put two tablespoonfuls of butter in a saucepan; melt; add the mushrooms; season with salt and pepper; dredge with flour; add a half cupful of boiling water; cover and cook slowly for ten minutes.

BROILED MUSHROOMS.

Wash the mushrooms; remove the stems and place

the caps in a broiler which has been well buttered. Broil five minutes, turning after the first three minutes. Be sure that the hollow side is up for the last broiling that the juices may be preserved. Put a small piece of butter and a sprinkling of salt and pepper in each cap. Remove carefully to pieces of dry toast. Serve hot.

MUSHROOMS—FRIED.

When peeled put them into hot butter and let them heat thoroughly through—too much cooking toughens them. Season well with butter, pepper, and salt. Serve on buttered toast; a teaspoon of wine or vinegar on each mushroom is a choice method.

FRIED EGG-PLANT.

Pare a small egg-plant and cut in slices about one-quarter of an inch thick; drop in salt water and soak over night, if possible. In the morning put in fresh water for half an hour or until ready to fry. Sprinkle with salt and pepper; dip in egg and roll in cracker crumbs. Fry in hot fat.

ONIONS.

"Oh! that some one would patent—
Would patent, make, and sell—
An onion, with an onion taste,
But with a violet smell."

BOILED ONIONS.

Select as many onions as required. Remove the

skins, put over to cook in boiling water, changing the water in ten minutes, adding salt and boiling water to cover. Cook until tender.

ONIONS IN CREAM.

Prepare the same as for Boiled Onions. Pour over cream sauce made according to the Cream Sauce recipe.

FRIED ONIONS.

Remove the skins from four medium sized onions. Cut in thin slices and put in a frying pan with a tablespoonful of butter or fryings. Season with salt and pepper and fry until brown.

SCALLOPED ONIONS.

Prepare and cook as for Boiled Onions. Cut in pieces and place in a buttered baking dish; add a half cupful of cracker crumbs and bits of butter; cover with White Sauce and bake until brown.

BAKED ONIONS.

Cook tender in two waters—the second salted and boiling. Drain well, pressing each onion in a coarse cloth, gently, not to break it, and when they are dry, lay all together, side by side, in the bake-pan. Pepper, salt, and butter, and add a cupful of stock. Brown in a quick oven; take out the onions and keep them hot in a deep dish while you thicken the gravy left in the pan with browned flour. Pour over the onions, set in the oven for two minutes, and serve.

ONION SOUFFLE.

Half cup white sauce, one-quarter cup bread crumbs, one-half cup finely cut, chopped, cooked, cold onions, one-third cup milk, pinch white pepper, yolk one egg, white of one beaten dry, pinch salt. Soak the crumbs in cold milk, add white sauce, onions, yolks, pepper, salt, and last beaten white. Turn into buttered mould and bake forty-five minutes.

BAKED OYSTER-PLANT (SALSIFY).

Scrape and wash the salsify, then boil until perfectly tender, then mash through a strainer. Season with pepper and salt. Add a teaspoonful of butter and quarter cup of milk. Put in a bake-dish, cover with bread crumbs and bits of butter, and bake fifteen minutes.

OYSTER-PLANT WITH WHITE SAUCE.

Wash; scrape and drop at once into cold water to which has been added a little vinegar to prevent discolouration. Cut in slices and cook in boiling salt water until tender. Drain and add sauce made according to the White Sauce recipe.

OYSTER-PLANT CROQUETTES.

Scrape the oyster-plant; drop in cold water; cut in slices and cook in boiling salt water until tender. Mash and when cool shape into round, flat cakes; roll in cracker crumbs; dip in beaten egg; roll again in crumbs and fry in hot lard until well browned.

BOILED PARSNIPS.

Peel and cut lengthwise. Cook in salted, boiling water until tender. Drain, add butter and season with salt and pepper.

CREAMED PARSNIPS.

Boil, scrape, and slice crosswise. Heat a tablespoonful of butter in a saucepan; put in the parsnips and shake and turn until all are coated with the butter and very hot. Turn them into a deep dish and pour over them a sauce made by adding to the butter left in the saucepan a teaspoonful of flour and thinning it with three or four tablespoonfuls of hot cream. Boil up once, and when you have covered the parsnips with it, serve.

BUTTERED PARSNIPS.

Boil tender and scrape. Slice lengthwise and sauté in a little butter heated in a frying-pan and seasoned with pepper, salt, and minced parsley. Shake and turn until the parsnips are well coated and hot through. Dish, and pour the butter over them.

FRIED PARSNIPS.

Boil tender in salted, hot water; let them get cold, scrape off the skin and slice lengthwise. Pepper and salt, dredge with flour, and fry in hot dripping to a light brown. Drain and serve.

STEWED PARSNIPS.

Scrape roots and slice across; cook in as little water as possible, as the sugar of the vegetable goes into the water and is thrown away if much water is drained off; watch carefully to prevent burning, and when the water is cooked away add butter, salt, pepper, and milk enough to cover. Thicken with a little flour.

PARSNIP PATS.

Boil parsnips until tender enough to press through a sieve. Season with salt and pepper, add one beaten egg; form into small pats and fry a delicate brown.

GREEN PEAS BOILED.

Shell and wash; put them in slightly salted boiling water, and cook them in this for twenty-five minutes. Drain well, turn into a hot dish, put a lump of butter the size of an egg upon them and a little pepper and salt.

CANNED PEAS.

Drain and leave in cold water for ten minutes, put on in salted boiling water, cook fifteen minutes; drop in a lump of white sugar and a small sprig of mint, and cook five minutes longer. Drain, butter, pepper and salt, and serve.

PEAS WITH CREAM SAUCE.

Prepare and cook as for Boiled Peas; add a pint

of milk, a tablespoonful of butter and a pinch of salt. Thicken with a teaspoonful of flour rubbed smooth in a small tablespoonful of butter.

FRIED SWEET PEPPERS.

Cut open crosswise, extract the seeds, cut the peppers into slices, lay in cold water for fifteen minutes, salt slightly, dust with flour and fry in hot cottolene for five or six minutes. They are an appetising accompaniment to cold meat or to boiled fish.

RICE (VEGETABLE).

Throw half a cup of rice into one quart of boiling water, slightly salted. Boil fast for twenty minutes, or until each grain is softened. Drain in colander and set in open oven to dry.

SPINACH.

Wash the spinach very carefully through several waters, as particles of sand are apt to lodge in the stems near the root. Cut away the roots before boiling. Boil twenty minutes in as little water as possible and not burn. Drain, press in the colander to remove all water; chop very fine, season with salt, pepper and butter, and garnish with hard-boiled eggs.

SUCCOTASH.

Three ears of corn, half pint of string-beans, trimmed and cut into short pieces; one teaspoonful of butter rolled in flour; half cupful of milk; pepper

and salt. Cut the corn from the cob, bruising as little as possible. Put over the fire with the beans in enough hot water, salted, to cover them, and stew gently half an hour. Turn off nearly all the water and add a half cupful of milk. Simmer in this, stirring to prevent burning, twenty minutes; add the floured butter, the pepper and salt, and stew ten minutes. Serve in a deep dish.

BOILED SQUASH.

Pare off the outer shell, take out the seeds, and cut into small pieces. Boil in hot, salted water until tender. If young, twenty minutes will do this; a longer time is required for full-grown squash. Drain well, rub through a vegetable-press, and return to the saucepan. Mix with salt, pepper, and a tablespoonful of butter made into a roux with a tablespoonful of flour. Stir and beat for a whole minute, until you have a creamy, smoking mass, and pour out. Squash cooked in this way is a very different thing from the watery stuff usually served under that name.

BAKED SQUASH IN THE SHELL.

Cut hubbard squash into pieces about four inches square; lay in baking pan, pepper and salt each piece, and put a lump of butter in the centre of each. Bake until tender and serve in the shell just as it comes from the oven.

FRIED SQUASH.

Cut the squash into thin slices, and sprinkle it

with salt; let it stand a few moments; then beat two eggs, and dip the squash into the egg; then fry it brown in butter.

BRUSSELS SPROUTS CREAMED.

Wash and throw a cupful of sprouts into water. Simmer until tender (about three-quarters of an hour). Drain off the water and pour over them a cream sauce.

STEWED TOMATOES.

Pour boiling water upon tomatoes to loosen their skins, and peel them. Slice, or cut into dice, and cook in a porcelain or agate-iron saucepan for twenty minutes. Drain off the superfluous liquid, pepper and salt it, and keep for sauces, stews, and soups. Stir into the hot tomatoes, for each quart, a tablespoonful of butter rolled in corn starch or in fine cracker-dust, a teaspoonful each of salt and pepper, and half a teaspoonful of grated onion. Cook three minutes longer and serve.

BAKED TOMATOES.

Peel with a sharp knife. Cut a piece from the top and gouge out most of the pulp, leaving the walls intact. Season what you have removed with pepper, salt, sugar, a few drops of onion-juice, and twice as much salad oil. When you have chopped the pulp rather coarsely, put it back into the tomatoes, replace the top, sprinkle with oil, paprica, and salt, and arrange upon a baking-pan. Bake, covered, for

twenty minutes and uncovered for five, and serve upon buttered Graham-bread toast.

FRIED TOMATOES IN BATTER.

A nice side-dish is made by dipping slices of ripe tomatoes into a batter made of flour, milk and an egg, and then frying them a delicate brown.

BROILED TOMATOES.

Cut the tomatoes horizontally in two; leave the skins on. Place them on a broiler with the skin side down; dust with salt and pepper, and broil without turning, over a moderate fire, fifteen to twenty minutes, or until tender. Lay them on a hot dish, and spread each piece with butter.

TOMATO HASH.

Butter the dish well; put in a layer of sliced tomatoes, a layer of cold meat, sliced thin; then a layer of bread and butter, and so on until the dish is full, seasoning well with pepper and salt, and beaten eggs poured over the top. Bake brown.

TOMATOES AND CHEESE.

Half tin of tomatoes, half cup of grated cheese, dash of cayenne pepper and salt in cheese, lump of butter on top, two soda biscuits crumbed. Bake in a pudding-dish in oven.

CREAMED TURNIPS.

Wash and pare the turnips; cut in cubes and cook

in salted boiling water until tender. Drain and pour over sauce made according to the White Sauce recipe.

MASHED TURNIPS.

Wash and pare turnips; cut in quarters and cook until soft. Drain, mash, add butter and season with salt and pepper.

EGGS
The warmest-hearted hen cannot lay a boiled egg.
The Foolish Almanack.
A. M. WICKSON

EGGS.

There are so many ways of cooking and dressing eggs that it seems unnecessary for the ordinary family to use only those that are the most practical.

To ascertain the freshness of an egg, hold it between your thumb and forefinger in a horizontal position, with a strong light in front of you. The fresh egg will have a clear appearance, both upper and lower sides being the same. The stale egg will have a clear appearance at the lower side, while the upper side will exhibit a dark or cloudy appearance.

Another test is to put them in a pan of cold water; those that are the first to sink are the freshest; the stale will rise and float on top; or, if the large end turns up in the water, they are not fresh. The best time for preserving eggs is from July to September.

TO PRESERVE EGGS.

There are several recipes for preserving eggs, and we give first one which we know to be effectual, keeping them fresh from August until spring. Take a piece of quick-lime as large as a good-sized lemon, and two teacupfuls of salt; put it into a large vessel and slack it with a gallon of boiling water. It will boil and bubble until thick as cream; when it is cold, pour off the top, which will be perfectly clear. Drain off this liquor, and pour it over your eggs; see that the liquor more than covers them. A stone jar is the most convenient—one that holds about six quarts.

Another manner of preserving eggs is to pack them in a jar with layers of salt between, the large end of the egg downward, with a thick layer of salt at the top; cover tightly, and set in a cool place.

Some put them in a wire basket or a piece of mosquito net, and dip them in boiling water half a minute, then pack in sawdust. Still another manner is to dissolve a cheap article of gum arabic, about as thin as mucilage, and brush over each egg with it; then pack in powdered charcoal; set in a cool, dark place.

Eggs can be kept for some time by smearing the shells with butter or lard; then packed in plenty of bran or sawdust, the eggs not allowed to touch one another; or coat the eggs with melted paraffine.

BOILED EGGS.

Three minutes boils eggs soft; six minutes boils eggs so yoke is not quite set; ten minutes boils eggs hard; twenty or thirty minutes boils eggs so yolks are mealy. They are said to be more digestible boiled as long as this, but the yolk is apt to darken. To have eggs jellied, put them into boiling water and then set dish back on range where the water will keep hot but not boil. In ten minutes the eggs will be cooked through; the whites will be like a jelly, and not hard as in boiled eggs.

POACHED EGGS.

Fill basin with boiling salted water; if the bottom of the basin is greased first, the eggs will not stick to the dish. Break each egg into a saucer, and let

slide carefully into the basin; keep hot but do not boil the water; when a film of white comes over the top, remove eggs to a hot dish; put piece of butter on each egg; sprinkle with pepper.

SHIRRED EGGS.

Separate the number of eggs desired, being careful to preserve each yolk unbroken; put whites in bowl; beat stiff after salting sufficiently. Butter as many gem pans as there are eggs; dip a large spoonful or more of the stiff white into each pan; drop the yolks carefully into the centre and bake until the white is very lightly browned.

STUFFED EGGS.

Take number of eggs desired and boil hard; break off shell; cut in halves, across; remove yolks, being careful not to break the hard boiled white. Put yolks in a chopping bowl and mash to a paste and then add a few mustard pickles chopped fine. Season with pepper and salt and serve on a lettuce leaf with Mayonnaise Dressing.

EGG TOAST.

Brown a slice of bread nicely over the coals, dip it in hot water slightly salted, butter it, and lay on the top an egg that has been broken into boiling water, and cooked until the white has hardened; season the egg with a bit of butter and a crumb of salt.

The best way to cook eggs for an invalid is to drop

them, or else pour boiling water over the egg in the shell and let it stand for a few minutes on the back of the stove.

BAKED EGGS.

Butter muffin pans or egg cups and drop an egg into each, taking care not to break the yolk. Season with salt and pepper; bake until the whites become firm; serve with toast and garnish with parsley.

EGGS IN POTATO NESTS.

Potatoes, eggs, butter, salt and pepper. How many eggs shall be used will depend upon the size of your family and the members' appetites. At least one potato of fair size should be allowed for each person. When the potatoes have been boiled mash them and shake in all the salt you dare. As soon as the potatoes have become cool enough to handle take up a spoonful and form into a ball. The hands may be used in shaping it and making it firm. With the bowl of the spoon make a depression in each ball, to resemble a bird's nest. Put all the balls in a buttered baking-pan or a pie-plate, and set away. In the morning slip them into the oven and as soon as they get hot break an egg into each nest, and season with salt, pepper and butter. Put back into the oven long enough to cook the eggs. Remember that if you put the eggs on cold potatoes the under part will not get cooked.

SCRAMBLED EGGS ON TOAST.

Put butter size of large walnut in frying pan;

when it melts pour in a quarter cup of milk; break four eggs into the milk; season with salt and pepper; stir constantly until set sufficiently then dip quickly on small slices of buttered toast.

ITALIAN EGGS ON TOAST.

Boil three eggs fifteen minutes; chop the whites and rub the yolks through a sieve. Make a cream dressing as follows: a tablespoonful of melted butter, a cup of warm milk; mix with the chopped whites. Serve on toast and scatter the yolks on top.

OMELET.

Two eggs, whites and yolks beaten separately, two teaspoons corn starch, one-quarter teaspoon Magic Baking Powder, three tablespoons of milk, season to taste; stir in whites last. When cooked fold over and remove to platter.

PLAIN OMELET.

Beat the whites to a stiff froth that will stand alone, and the yolks to a smooth cream; add to the yolks, salt, pepper and a little milk; then beat in the whites with the egg beater; have the skillet hot and when the butter hisses, pour in the egg mixture; do not stir, but if there is a tendency to stick, run a broad knife blade under the omelet. If your oven is hot, set the omelet in for a few minutes as this will help make it form. When turning out on a platter, be careful not to break the omelet.

BREAD OMELET.

Two tablespoonfuls bread crumbs soaked in milk, two eggs, one tablespoonful melted butter, salt and pepper; soak bread soft, add beaten yolks and seasoning, beating the whites and cook as an ordinary omelet, folding when set.

HAM OMELET.

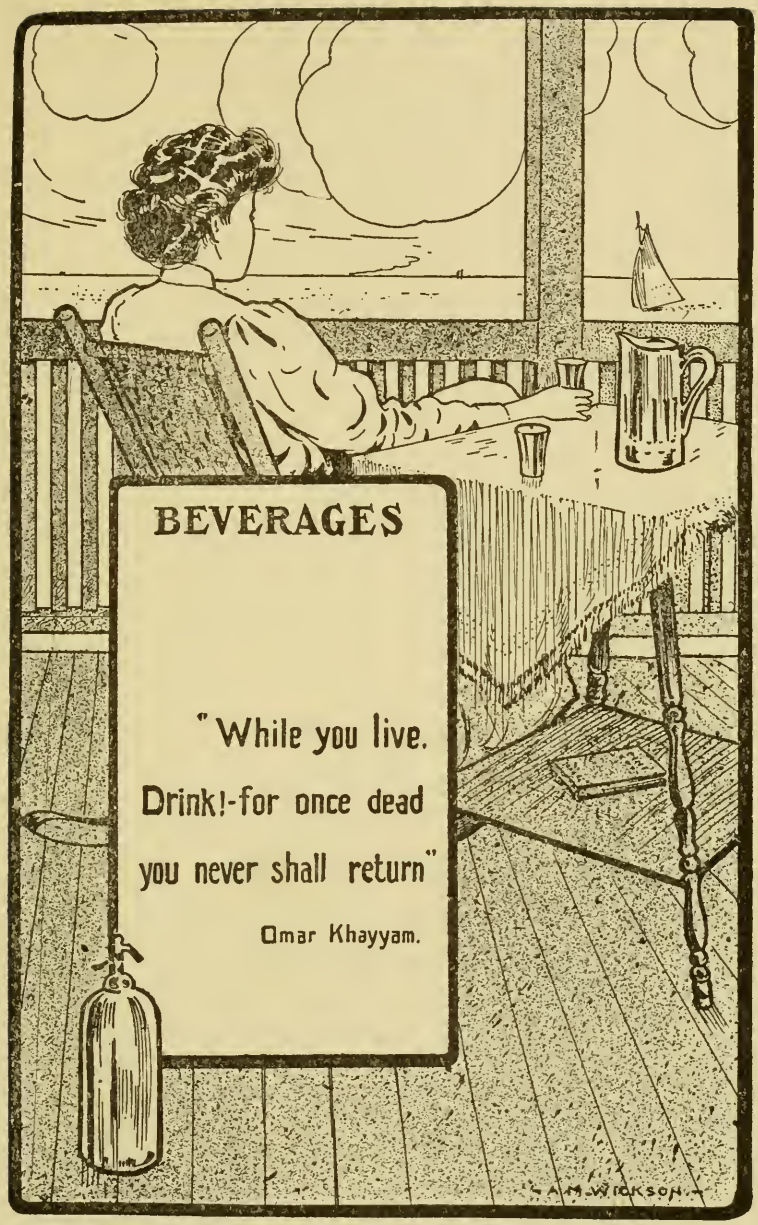
One-quarter cup of chopped ham, two eggs, salt and pepper; beat eggs separately; add yolks to the minced ham; season; fold in the whites and fry in hot greased spider, folding over when set.

BAKED OMELET.

Two eggs beaten separately, half cup sweet milk and one tablespoonful flour, a little salt and stir whites of eggs in last; pour into well-buttered shallow pan and bake fifteen minutes.

CHEESE OMELET.

Beat well four eggs; add to them two tablespoonfuls of milk and one tablespoonful of grated cheese; add a teaspoonful more of the cheese before folding. Turn out on a heated dish and grate a sprinkling of cheese over the omelet before serving.


BEVERAGES
"While you live,
Drink!-for once dead
you never shall return"
Omar Khayyam.
A.M. WICKSON

BEVERAGES.

Boiling water is a very important desideratum in the making of a good cup of coffee or tea, but the average housewife is very apt to overlook this fact. Do not boil the water more than three or four minutes; longer boiling ruins the water for coffee or tea-making, as most of its natural properties escape by evaporation, leaving a very insipid liquid, composed mostly of lime and iron, that would ruin the best coffee, and give the tea a dark, dead look, when it ought to be the reverse.

Water left in the tea-kettle overnight must never be used for preparing the breakfast coffee; no matter how excellent your coffee or tea may be, it will be ruined by the addition of water that has been boiled more than once.

THE HEALING PROPERTIES OF TEA AND COFFEE.

The medical properties of these two beverages are considerable. Tea is used advantageously in inflammatory diseases and as a cure for the headache. Coffee is supposed to act as a preventive of gravel and gout, and to its influence is ascribed the rarity of those diseases in France and Turkey. Both tea and coffee powerfully counteract the effects of opium and intoxicating liquors; though, when taken in excess, and without nourishing food, they themselves produce, temporarily at least, some of the more disagreeable consequences incident to the use of ardent spirits. In general, however, none but persons possessing great mobility of the nervous

system, or enfeebled or effeminate constitutions, are injuriously affected by the moderate use of tea and coffee in connection with food.

TEA.

There is much diversity of opinion regarding tea. Many prefer the green teas, others the black and some like a mixture. Suit your own taste. Pour fresh boiling water into the pot and allow it to warm before brewing the tea. Allow a teaspoonful of tea for each person to be served and one teaspoonful for the pot. Pour boiling water over the tea and allow to stand for three minutes on the back of the stove or in a warm place. Never allow the tea to boil.

COFFEE.

For each cup of water allow one heaping dessertspoonful of finely ground coffee; put coffee in mixing bowl; add one egg (or half egg); mix thoroughly, adding a little cold water. Turn the coffee into pot and add, measuring with a coffee-cup, the required water—cold. Stuff spout of pot with piece of brown paper to prevent escape of aroma. Cook slowly, stirring from time to time. It should not come to a boil in less than ten minutes. Allow to boil from one to three minutes. Settle with a small quantity of cold water. Serve in the pot in which coffee is made.

BLACK COFFEE.

Prepare as above, using double the amount of

ground coffee. Serve in small cups, and give the drinkers their choice of sugar or no sugar. Black coffee is a good digestive agent and is far more wholesome than coffee mixed with cream or milk.

CAFÉ FRAPPÉ.

To one quart strong coffee sweetened, add the beaten white of one egg and freeze. Serve in glasses with whipped cream on top, or with vanilla ice cream.

COCOA.

Mix three teaspoonfuls of cocoa with two tablespoonfuls of sugar and a pinch of salt; add half cup of boiling water and stir until the paste is smooth; add one and a half cups more of boiling water and let all come to a boil. Put two cups of sweet milk in a saucepan and scald and add to the cocoa. Beat with a Dover egg-beater until a froth begins to form.

CHOCOLATE.

Scrape chocolate fine, mix with a little cold water; add this to equal parts of milk and water, and boil well, being careful that it does not burn. Sweeten to taste, and serve hot. It is improved by laying upon the surface of each cup a teaspoonful of cream.

LEMONADE.

Four lemons, rolled, peeled, and sliced; four large spoonfuls of sugar; one quart of water. Put lemons (sliced) and sugar into a pitcher and let them stand

for an hour, then add water and ice. If you substitute Apollinaris for plain water you have a most refreshing drink.

EGG LEMONADE.

Two fresh eggs, two tablespoonfuls lemon juice, one and a half tablespoonfuls powdered sugar, one glass of finely chipped ice. Shake well in shaker, strain, and serve.

ORANGEADE.

Juice of two oranges, two tablespoonfuls of powdered sugar, four teaspoonfuls of lemon juice, one glass of finely chopped ice, two glasses of water, shake well in a large shaker. Serve in soda glasses, and dress with fruit.

LIMEADE.

Four tablespoonfuls of lemon syrup, two tablespoonfuls of lime juice. Pour over finely chipped ice in mineral glasses. Sweeten to taste with powdered sugar.

LEMONADE WITH GRAPE JUICE.

Make a good, strong lemonade; sweeten; add one small bottle or one pint of grape juice; pour into glasses over chopped ice. Any other good fruit juice may be substituted.

LEMON SYRUP.

Take the juice of six lemons; grate the rind of

three in it, let it stand over night. Then take three pounds of white sugar and make a thick syrup. When it is quite cool strain the juice into it, and squeeze as much oil from the grated rind as will suit the taste. Put into bottles, tightly corked, for future use. A tablespoonful in a goblet of ice water will make a delicious drink.

BOSTON CREAM (A SUMMER DRINK).

Make a syrup of four pounds of white sugar with four quarts of water; boil; when cold add four ounces of tartaric acid, one and a half ounces of essence of lemon, and the whites of six eggs beaten to a stiff froth; bottle. A wineglass of the cream to a tumbler of water, with sufficient carbonate of soda to make it effervesce.

RASPBERRY VINEGAR.

Fill a jar with red raspberries picked from the stalks. Pour in as much vinegar as it will hold. Let it stand ten days, then strain it through a sieve. Don't press the berries, just let the juice run through. To every pint add one pound loaf sugar. Boil it like other syrup; skim, and bottle when cold.

RASPBERRY CUP.

Mash and strain one pint of red currants; strain and pour the juice over shaved ice in cups; add one teaspoonful of pineapple juice to each cup, and put on the top several fresh red raspberries.

STRAWBERRY WINE.

Mash your strawberries and currants. To every three quarts of strawberry juice, add three pints of currant juice, and for every quart of the combined juices add one pound of loaf sugar and one quart of water; strain and put into a clean, sweet cask. Leave uncorked until fermented, then put in bottles and seal. This wine is very nice served with chopped ice.

CREAM NECTAR.

Dissolve two pounds of crushed sugar in three quarts of water; boil down to two quarts; drop in the white of an egg while boiling; then strain, and put in the tartaric acid; when cold drop in the lemon to your taste; then bottle and cork. Shake two or three times a day.

CHERRY CORDIAL.

To six pounds of cherries add three pounds of sugar and one gallon of whiskey. Shake the jar often for the first three weeks, then bottle.

GINGER CORDIAL.

To one pound of picked currants, red or black, add one quart of whiskey, one ounce of bruised ginger; put in a stone jar and let it stand for twenty-four or thirty-six hours; strain through a flannel bag, and add half a pound of sugar; when it is all melted, bottle.

WHITE CURRANT CORDIAL.

To every quart of white currants bruised, add one quart of best whiskey, the rind of a fresh lemon pared very thin, let it stand for two days, then strain or filter. To the above add one pound of loaf sugar, quarter of an ounce of the best ginger, and juice of the lemon. Bottle and seal; it will be fit for use in a month, and the longer it is kept the better it is.

RED CURRANT CORDIAL.

To two quarts of red currants, put one quart of whiskey; let it stand twenty-four hours, then bruise and strain through a flannel bag. To every two quarts of this liquor, add one pound of loaf sugar, and quarter of a pound of ginger well bruised and boiled; let the whole stand to settle, then strain or filter; bottle and cork, seal the corks tightly.

It is an improvement to have half red raspberry juice if the flavour is liked. The above is fit for use in a month.

RED CURRANT WINE.

For every gallon of water take one gallon of currants off the stalks, bruise well and let them stand over night. Next morning mash them well with your hands and strain through a hair sieve. To every gallon of the liquor add four pounds of sugar. Rinse the cask well with brandy and strain the liquor again when putting in, by which you will see whether the sugar is dissolved. Lay the bung lightly on and stop it up in ten days.

MILK PUNCH.

To a glass of rich, sweetened milk, add two tablespoonfuls of brandy; serve very cold with shaved ice.

EGG-NOG.

For one glass of egg-nog, beat the yolk of one egg until light; add one tablespoonful of sugar, one tablespoonful of the best brandy or whiskey, stir well and add to a glass nearly full of cream or rich milk; beat the white of the egg and add to the contents of the glass. Grate nutmeg over the top if desired.

HOT EGG MILK.

Two teaspoonfuls of sugar, one ounce cream, one egg, hot milk to fill an eight-ounce mug. Top with whipped cream and sprinkle with nutmeg. If there is no facility for keeping hot milk, use about two ounces of cream, and fill the mug with hot water.

DANDELION WINE.

Two quarts of dandelion flowers; cover with half gallon of water and boil; strain, and when lukewarm add three lemons, two pounds of white sugar and one-quarter royal yeast-cake; let it stand about ten days, or until done working, then strain bottle and seal.

MILK PUNCH FOR INVALIDS.

One-half pint of milk made very sweet, half a wine glass of rum, stir well together. Grate a little nut-

meg over the top of the glasses. Serve with straws in each glass.

WINE WHEY FOR INVALIDS.

Sweeten to taste half a pint of milk, put in a double boiler and let come to a boil, throw in one glass of cherry wine. When the curd forms, strain the whey through a clean muslin bag into small soda glasses.

UNFERMENTED GRAPE JUICE.

Wash, pick over and drain ten pounds of grapes, from which the stems have been removed. Put into a preserving kettle, and add one cupful of cold water. Heat until the stones and pulp separate, then strain through a jelly-bag; add three pounds of granulated sugar, heat to the boiling point, and bottle. Ten pounds of grapes will make one gallon of grape juice.

BREAD
AND
CAKES
"There is scent
of Syrian myrrh,
There is incense,
there is spice
There are delicate
cakes and loaves,
Cakes of meal
and polypi."
Grecian Ode.
F.A.M. WICKSON

BREADS, CAKES, ETC.

GENERAL DIRECTIONS FOR MAKING BREAD.

The first thing required for making wholesome bread is the utmost cleanliness; the next is the soundness and sweetness of all the ingredients used for it; and, in addition to these, there must be attention and care through the whole process.

Salt is always used in bread-making, not only on account of its flavour, which destroys the insipid raw state of the flour, but because it makes the dough rise better.

In mixing with milk, the milk should be boiled—not simply scalded, but heated to boiling over hot water—then set aside to cool before mixing. Simple heating will not prevent bread from turning sour in the rising, while boiling will act as a preventative. So the milk should be thoroughly scalded, and should be used when it is just blood warm.

Too small a proportion of yeast, or insufficient time allowed for the dough to rise, will cause the bread to be heavy.

If either the sponge or the dough be permitted to overwork itself—that is to say, if the mixing and kneading be neglected when it has reached the proper point for either—sour bread will probably be the consequence in warm weather, and bad bread in any. The goodness will also be endangered by placing it so near a fire as to make any part of it hot, instead of maintaining the gentle and equal degree of heat required for its due fermentation.

Heavy bread will also most likely be the result of

making the dough very hard, and letting it become quite cold, particularly in winter.

As a general rule, the oven for baking bread should be rather quick, and the heat so regulated as to penetrate the dough without hardening the outside. The oven-door should not be opened after the bread is put in until the dough is set or has become firm, as the cool air admitted will have an unfavourable effect on it.

The dough should rise and the bread begin to brown after about fifteen minutes, but only slightly. Bake from fifty to sixty minutes, and have it brown, not black or whitey brown, but brown all over when well baked.

When the bread is baked, remove the loaves immediately from the pans, and place them where the air will circulate freely around them and thus carry off the gas which has been formed, but is no longer needed.

Never leave the bread in the pan or on a pine table to absorb the odour of the wood. If you like crusts that are crisp do not cover the loaves; but to give the soft, tender, wafer-like consistency which many prefer, wrap them, while still hot, in several thicknesses of bread-cloth. When cold put them in a stone jar, removing the cloth, as that absorbs the moisture and gives the bread an unpleasant taste and odour. Keep the jar well covered, and carefully cleansed from crumbs and stale pieces. Scald and dry it thoroughly every two or three days. A yard and a half square of coarse table linen makes the best bread-cloth. Keep in good supply; use them for no other purpose.

Some people use scalding water in making wheat bread; in that case the flour must be scalded and allowed to cool before the yeast is added,—then proceed as above. Bread made in this manner keeps moist in summer, much longer than when made in the usual mode.

When using compound yeast dissolve in a small quantity of lukewarm water for a short time before using.

WHITE BREAD.

Take half a pint of peeled potatoes cut into small pieces; boil them in one pint of water, skim out the potatoes and mash fine. Add two tablespoonfuls of fine flour to the potatoes, pour over the potato water and stir till smooth. When cool, add two tablespoonfuls of yeast and a half teaspoonful of salt. Let it rise over night. In the morning, take the bread-bowl filled with flour, pour half a pint of boiling water in the centre, and mix. Add enough cold water to make lukewarm; then pour in the sponge made the night before, mix the dough soft and knead one-half hour. Put back into bread-bowl and set to rise. When light, knead down and set to rise again. Then knead into loaves, put into bread pans and when light bake in a moderate oven. This quantity will make two loaves.

WHITE BREAD, NO. 2.

To one pint of lukewarm water add half cake of compressed yeast, dissolved in a little warm water. Sift two quarts of flour into a mixing pan; add one

tablespoonful of sugar, one teaspoonful of salt and one tablespoonful of soft butter; work well through the flour; make a hollow in the centre; add one pint of sweet milk, the water and yeast and work into a soft batter, leaving enough of the flour around the side of the pan to keep the dough from sticking to it. Cover and stand in a warm place to rise. When the batter is light enough to be made into a loaf, the top will be covered with bubbles. Stir in the flour which is in the pan and add enough more to make a loaf which may be easily handled; knead into loaves; let stand in a warm place until light; rub tops of the loaves with melted butter; bake in a moderately hot oven, shifting the loaves that they may be evenly baked. This makes three loaves of bread and a few light rolls.

BROWN BREAD.

One cupful of sour milk, two-thirds cupful of molasses, two cupfuls of yellow cornmeal, one cupful of graham flour, one teaspoonful of soda, a pinch of salt, and one of ginger. Steam two hours in a covered crock in a kettle of boiling water; the water must be boiling before setting in the crock. Mix the salt with the meal and flour, then add the molasses; mix the soda and sour milk together and add to the rest. Mix carefully, as a great deal depends on the mixing. After steaming two hours set in oven to brown ten minutes.

GRAHAM BREAD.

Three cups graham flour, one cupful white flour,

one tablespoonful salt; four tablespoons of molasses, two tablespoonfuls of butter or lard, three-fourths of a cup of warm water. Mix the ingredients in the order given and add sufficient lukewarm water to make a soft dough. When the dough is light, beat it and pour it into the bread pans, filling them half full. When light, bake in a moderate oven.

QUICK GRAHAM BREAD.

One pint sour milk, one teaspoonful of soda, half a cup of molasses, half teaspoon salt. Stir in graham flour to make a stiff dough, and bake in a quick oven. A little shortening makes it more tender.

GLUTEN BREAD.

Take one and one-half pints gluten flour, one pint lukewarm (not hot) water in which half of a compressed yeast cake has been previously dissolved, and one small teaspoonful of salt. Mix all together and beat thoroughly with a spoon. The mixture must not be kneaded. Set to rise, and when light, add one tablespoonful of gluten flour. Beat again, put into pan, set to rise, and when light, bake in a moderately hot oven for about fifty-five minutes. This makes one loaf.

PULLED BREAD.

Pulled bread is a delightful sort of bread, which it is quite fashionable to serve with the cheese course at dinners. This bread is not difficult to prepare in any household where good bread is made.

When the semi-weekly bread is prepared lay aside one small loaf of the dough and divide it into six parts. Roll these parts into straight even lengths, as long as a good-sized bread pan. Press all these strands together at one end, and weave them into a braid to form one loaf. Put this loaf into a rather broad bread pan, flattening it somewhat so that it fills the pan on all sides. Let it rise for half an hour. Rub a little butter over it, so as to be sure that the crust does not bake hard. Bake it in a rather quick oven. It should be thin enough to bake through in half an hour. When it is done let it rest for fifteen minutes. Now tear it apart. It will come apart in the long slender strips of which it was composed before it was baked. Put these strips on a tin baking-pan and set them in a hot oven for fifteen minutes, when they should be quite crisp and well coloured. They are nice served with morning coffee.

MILK BREAD.

To a pint of warm new milk add a half compressed yeast cake which has been dissolved in a little lukewarm water, and a teaspoonful of melted butter. Stir into this a cup of sifted flour, a teaspoonful of sugar and pinch of salt. Beat well, and set to rise. When light, work in flour enough to make a firm dough. Raise again, place in pans; raise again, and bake in a moderately slow oven.

RISEN CORN BREAD.

Dissolve half a cake of compressed yeast in cupful

lukewarm water, and stir in one and one-half cups of wheat flour. Let rise until light—about one and a half hours—and then rub together one-quarter cup of sugar, a teaspoonful of butter, one egg and half a teaspoonful of salt. Pour one cup of boiling milk on one large pint of yellow meal; let cool; mix in with the above and put in a well-greased flat pan. Let it rise for ten or fifteen minutes and bake in a hot oven for from ten to fifteen minutes.

If made over night, pour one and one-half cups of boiling milk on the meal, let cool, mix in the other ingredients and let stand until morning; then add one-half cup of warm milk, put in pan, etc., as before.

CORN BREAD.

To one cup of sour milk or sour cream, add one-half teaspoonful of soda. Stir into this, two eggs well beaten, and a pinch of salt; add one cup of cornmeal and one cup of flour; beat thoroughly and bake in a moderate oven from twenty to thirty minutes.

SPICED RAISIN LOAF.

Two cups of warm milk, flour to make a soft dough, a quarter of a cup of old-fashioned yeast; let it stand in a warm place till light. Then add half a cup of butter, half a cup of brown sugar, a teaspoon of cinnamon, cloves and allspice, three eggs, one pound of seeded raisins, bread flour enough to make it smooth and soft. Dough kneaded well; put in a warm place to rise; when light mould in a

loaf; let rise again; when it has risen to the top of the pan bake in a moderate oven for one hour. This makes a large loaf.

VIRGINIA SPOON BREAD.

One pint sweet milk, one-half cupful white corn-meal, one-half teaspoonful salt, one beaten egg, one tablespoonful butter.

Here's a delicate and delicious corn bread that is easily made. A cup of the milk must be heated to the boiling point and have stirred into it the corn-meal and salt. Cook for five minutes, then beat the butter and one-quarter cupful of the cold milk into the mush, and, after adding the egg, beat well once more. Gradually beat in the rest of the milk. Put the mixture into a well-buttered granite or tin dish and bake for half an hour in rather a hot oven. And be particular to serve at once in the baking dish. Too many good things are ruined simply through a little carelessness in this respect.

CURRANT BUNS.

Two coffee-cups bread dough, two eggs, one cup sugar, spices, a few currants. Mould like rusks and let them rise before baking.

PLAIN BUNS.

Take one large coffee-cup of warm milk, one-quarter cake of yeast and salt; make sponge; let rise; when light work into a dough, adding one-half tea-cup of sugar, one egg, butter twice the size of

an egg; let rise; roll into a sheet; butter it; cut into strips three inches wide and six inches long; fold not quite in the middle; let rise again and bake; when in a dough, if it rises before you are ready, push it down. Excellent.

RUSKS.

To one tumbler of warm milk add a half gill of yeast, three eggs and a coffee-cup of sugar beaten together, two ounces of butter rubbed into flour, of which use only enough to enable you to mould it; let it rise over night; when very light, roll and put on tins to rise again, after which bake in a quick oven twenty minutes.

PARKER HOUSE ROLLS.

Sift one quart of flour into a bowl; make a hole in the middle, put in three level tablespoonfuls of lard, one heaping tablespoonful of white sugar, one cupful of warm sweet milk, one-half teacup of yeast, one teaspoonful of salt.

Let this stand in a warm place without stirring until light, then stir to a soft dough. Use a little more flour if necessary. About two hours before supper, work out the dough, using a little more flour. Roll out about half an inch thick, cut with a biscuit cutter, butter lightly with soft butter, fold over and put in the pans a little way apart. Let rise until tea time and bake in a quick oven. These rolls must be started by nine o'clock; earlier in winter.

PARKER HOUSE ROLLS, WITH BAKING POWDER.

These are not the old original Parker House Rolls, but are quicker made: sift one and one-half tablespoonfuls of baking powder with one pint of flour; put in a teaspoonful of cold butter; add one well-beaten egg, one teaspoonful of sugar, and one-half teaspoonful salt; rub well together, and make into a dough, with a cup of cold milk. Roll out less than half-inch thick. Cut with a large biscuit-cutter. Spread soft butter over the top of each, fold them together, and lay a little apart on greased tins. Brush over the tops with sweet milk and set immediately in a hot oven.

BAKING POWDER BISCUIT.

To two cups of flour add four teaspoonfuls of baking powder and a pinch of salt; sift; add one tablespoonful of lard and one tablespoonful of butter, or two tablespoonfuls of either butter or lard. Work the shortening into the flour with the tips of the fingers; add enough milk to make a soft dough; toss onto a floured board; roll out lightly to one-half inch thickness; cut with a biscuit cutter; bake in a very quick oven. Keep in mind that biscuit dough cannot be handled like raised bread dough, of which you make rolls. Kneading improves the bread dough, but biscuit dough must be handled as lightly and as little as possible. Do not try to shape the biscuits with the fingers as you do rolls.

BUTTERMILK BISCUIT.

One cup moderately sour buttermilk and stir in it a half teaspoonful of soda. Pour into the flour bowl where there has been made a hole in the middle of the flour. Add one-quarter teaspoonful of salt and one-quarter cup of soft lard. Mix with the fingers into a soft dough. Do not get in too much flour—it must be quite soft. Roll out one inch thick and cut; place not too close together on a tin and bake in a very hot oven.

SALLY LUNN FOR BREAKFAST.

Two teacups of flour, one tablespoon of sugar, one of lard, two eggs, two teaspoonfuls of baking powder; use half milk and half water to a thin batter, and bake in a quick oven.

LUNCH BISCUIT.

Two cups (large) of flour, two teaspoonfuls baking powder, one teaspoonful sugar, one-half teaspoonful salt, one egg, one cupful sweet milk, one large tablespoonful butter. Cut into small biscuits, handle as little as possible, and bake in a quick oven.

EGG ROLLS.

Two eggs, well beaten, one small cup of milk, one tablespoonful of lard or melted butter, two teaspoonfuls of baking powder, and enough flour to make a stiff biscuit. Roll out, cut desired size, bake in a hot oven. Nice biscuit for tea. If liked, add two tablespoonfuls of white sugar.

DIXIE BISCUIT.

One cup milk, half teaspoonful lard, one teaspoonful butter, one teaspoonful sugar, half teaspoonful salt, one-quarter yeast cake, one egg, three cupfuls flour. Put the milk on the stove in a double boiler together with the butter, lard, salt and sugar, and when the milk has become scalded let it cool to blood heat. Dissolve the yeast in a little of the cooled milk and then stir it into the milk in the double boiler. Into the bucket or bowl in which the biscuits are to rise sift one cupful and a quarter of flour. Mix to a stiff batter with the milk that has been prepared. Beat the egg light and add it to the mixture; then beat the batter and keep beating it as for a cake, for the more you beat the better will the biscuit be. Scrape the batter from around the sides of the bucket and cover closely. Let the batter rise in a warm place—in winter in a temperature between seventy and eighty degrees. For six o'clock tea put the sponge to rise at ten in the morning. At three in the afternoon have a mound of sifted flour on the bread-board—about one and a half cupfuls—and knead as for ordinary biscuit until the dough is soft enough to handle easily, then roll out to about half an inch in thickness. Cut with a small cutter—say one with a diameter of about one inch and a half. Brush the top of each biscuit with melted butter, put two together and brush the top with melted butter and lard. Put the biscuits in the pans, being careful that they do not touch each other. Set them in a warm place, cover them, and let them rise until they are twice their original size. It will take about two hours. Bake from fifteen to twenty minutes in a hot oven.

MUFFINS.

Half cup scalded milk, half cup boiling water, a tablespoon butter, a tablespoon granulated sugar, half teaspoon salt, one-quarter cake pressed yeast, one egg, two cups flour. Add butter, sugar and salt to the scalded milk and water. When lukewarm add the yeast, and when that is dissolved add the egg and flour and beat all well together. Place the crock of this mixture in a warm room for over night. The next day you fill buttered rings two-thirds full of this batter, and set them aside till risen to the top of the rings. Bake half an hour. They should be ready for baking in time for an early lunch if mixed at ten o'clock or later the night before.

MILK MUFFINS.

One and one-half cups of flour, one and one-half spoonfuls of baking powder, one pinch salt, and enough milk to make a very light batter; beat till it becomes a cream. Butter the tins well and drop the mixture into pans. Fill half full and bake fifteen minutes in a very hot oven.

SWISS MUFFINS.

Sift one heaping cupful flour three times with one teaspoonful baking powder and a scant half dessert-spoonful of salt, half a cupful each of milk and water; add to this one well-beaten egg, one teaspoonful of sugar, one large tablespoonful of butter; stir well, then add to the flour. Bake in muffin rings twenty minutes in a hot oven. Serve hot with maple syrup.

DELICATE WHEAT MUFFINS.

One cupful flour, one cupful milk, one egg, one teaspoonful butter, one teaspoonful baking powder, one-quarter teaspoonful salt. After putting the salt and baking powder with the flour, sift the flour. The next step is to rub the butter into the flour; then add the milk and afterward the egg, beaten separately. The whole mixture must now be beaten well and then put into buttered and floured muffin-tins for baking in a hot oven for about thirty minutes or a little longer.

RICE MUFFINS.

One scant cup of boiled rice, one egg, tablespoonful of white sugar, a little salt, one and a half cups of milk, one and a half cups flour, one teaspoonful baking powder in the flour, tablespoonful of melted butter. Bake in muffin tins.

GRAHAM MUFFINS.

Two cupfuls of graham flour, two pinches of salt, one tablespoonful of molasses, one egg, and one tablespoonful of butter. Set to rise and bake for fifteen minutes in muffin rings.

FEATHER MUFFINS.

Beat together one teaspoonful each of lard and sugar, add the yolk of one egg, one gill of milk, one-half pint of flour, and one teaspoonful of baking powder and a little salt; lastly the well-beaten white of the egg. Bake in hot oven.

CORN MUFFINS.

Beat two eggs very light, add one teaspoonful of melted butter, one tablespoonful of brown sugar, two teacupfuls corn meal, one heaping tablespoonful of flour, to which add one teaspoonful of baking powder and a cupful of milk. Mix thoroughly, pour into greased muffin tins and bake in a quick oven.

POP OVERS.

Half cup flour, one-third cup milk, one egg, a teaspoonful of butter, a little salt; to be baked in scallops in a very quick oven.

WHEAT GEMS.

One teacupful of milk, one full cupful of wheat flour, a pinch of salt, and one beaten egg. Bake in gem-pans.

RYE GEMS.

One cup of warm milk with half teaspoonful of soda dissolved in it, a pinch of salt, one egg, well beaten. Rye flour enough to make a thin batter. Bake in gem-pans.

GRAHAM GEMS (WITH BAKING POWDER).

One teaspoonful of butter, one beaten egg, three-quarters cup of milk, a tablespoonful of sugar, a teaspoonful of baking powder, in graham flour enough for a good batter. Bake as above. A change in this may be made by taking three-quarters cup of sour milk instead of sweet, and one-quarter teaspoonful

of soda. Bake as before. Tear gems open with a fork, and butter.

OATMEAL GEMS.

Half cupful of oatmeal soaked over night in half cupful of water. In the morning, add half cupful sour milk, half cupful flour, three-quarters of teaspoonful of soda, one-half teaspoonful of salt, one teaspoonful butter, a tablespoonful of sugar. Mix, and bake in hot, well-buttered gem-pans. If too moist, add a little more flour. Half cupful of sweet milk, and half teaspoonful of baking powder can be used instead of sour milk and soda.

BREAKFAST CAKES.

Beat the yolk of an egg until light; add one cup of milk and two cups of flour, into which has been sifted two teaspoonfuls of baking powder; add a pinch of salt and a teaspoonful of melted butter or lard; stir in the beaten white of the egg and bake on a hot griddle.

CRUMPETS.

One teaspoonful butter and warm in a saucepan; when the butter melts, take it from the fire, let it cool a little and mix with it one well-beaten egg, half teaspoonful salt and enough flour to make it into a batter; lastly, put with it one-quarter cup yeast. Cover and let steam in a warm place for fifteen minutes. Bake the crumpets slightly in rings on an iron griddle plate, well greased.

INDIAN BANNOCK.

One and quarter cupfuls boiling water, one-third cupful coarse Indian meal, pinch of salt, one teaspoon of butter. Put on the boiling water, add the salt and butter, and stir the meal in slowly. Continue the stirring and boiling until the mixture is smooth, thick and stiff. Probably it will require about fifteen minutes. Have ready on the stove some buttered tin sheets, very hot. Take a spoonful of the batter at a time and drop little rounds on the tins. Let them cook on top of the stove for a few minutes; then bake in the oven for about a quarter of an hour.

FLOUR PANCAKES.

One pint sour milk, one egg, a little salt and one teaspoonful soda. Make a batter with flour, and bake on a hot griddle. To be eaten hot with maple syrup.

BUCKWHEAT CAKES.

One cupful of buckwheat flour, half a teaspoonful of salt, one cupful of lukewarm water, and one-eighth of a yeast cake dissolved in three tablespoonfuls of water. Mix thoroughly, and set to rise over night. Before baking, add one teaspoonful of molasses, and one large pinch of soda dissolved in three tablespoonfuls of water. Beat well together, and bake on a soap-stone griddle. Serve cakes hot.

RICE GRIDDLE CAKES.

One cup soft boiled rice, one-half cup milk, three

eggs, yolks and whites beaten separately, three tablespoonfuls flour. Fry immediately after adding eggs.

WAFFLES.

Beat the yolks of three eggs until light; add one tablespoonful of melted butter, one teaspoonful of salt and one pint of sweet milk; stir in enough flour to make a thin batter; add the whites of the eggs beaten to a stiff froth. Have waffle irons hot and well greased; cover well with the batter, taking care not to get too much in or it will run out when the irons are closed.

WAFFLES, NO. 2.

Small cup and a half of milk, one cup of flour, one egg; mix in flour one teaspoon of baking powder, one-half teaspoon of salt. Grease iron (special iron for waffles) well and have hot.

BREAD CRUMB PANCAKES.

One cupful bread crumbs, one cupful sweet milk, one egg, half tablespoonful butter, half cupful flour, one teaspoonful baking powder, half teaspoonful salt. Bear in mind at the beginning that the bread crumbs must be fine and that your measurement of them must be rather scant. These crumbs must be soaked in the milk until soft and then beaten to a paste. Add the butter, melted, and the egg—white and yolk beaten separately—the salt, and the flour, with the baking powder sifted into it. Cook on a hot greased griddle and serve at once with maple syrup, or butter and sugar.

TO RENEW STALE ROLLS.

To freshen stale biscuits or rolls, put them into a steamer for ten minutes, then dry them off in a hot oven; or dip each roll for an instant in cold water and heat them crisp in the oven.

ROLLED BREAD AND BUTTER.

Rolled bread and butter is much preferable to flat slices for afternoon teas, as ladies may hold it without spoiling dainty gloves. Butter the loaf—not a fresh one—having first decrusted it with a very sharp knife; cut a slice as thin as possible and roll each slice with flat of hand—practice soon perfects. Pile the rolls log-fashion, or in a pyramid, on a doiley-covered bread plate; garnish daintily with parsley or cress. A cress sandwich just means a spray of cress laid on the slice before rolling, one end of the cress projecting from the roll.

ZWIEBACK.

Cut baker's or other light bread into one-inch slices and brown in a moderate oven.

CREAM TOAST.

One tablespoonful of butter, one tablespoonful of flour, half a teaspoonful of salt, one and one-half cupfuls of milk or cream. Four slices of toast. Heat the butter and when it bubbles add the flour and salt, then gradually the hot milk, stirring constantly and allowing the mixture to thicken each time. Pour this sauce over the slices of dry or moist toast.

Moist toast is prepared by quickly dipping dry toast into hot salted water or hot milk.

FRENCH TOAST.

Cut bread which is not too fresh into pieces about half an inch thick; cut the slices into halves; drop a piece of butter into frying pan. Beat two eggs; add a pint of milk with salt to taste. Drop each piece of bread into this and then onto the frying pan. Fry to a nice brown.

CAKE SUGGESTIONS.

In making cake, it is very desirable that the materials be of the finest quality. Sweet, fresh butter, eggs and good flour are the first essentials. The process of putting together is also quite an important feature, and where other methods are not given in this work by contributors, it would be well for the young housekeeper to observe the following directions: Never allow the butter to oil, but soften it by putting it in a moderately warm place before you commence other preparations for your cake; then put it into an earthern dish (tin, if not new, will discolour your cake as you stir it), and add your sugar; beat the butter and sugar to a cream; add the yolks of the eggs, then the milk, and lastly the beaten whites of the eggs and flour. Spices and liquors may be added after the yolks of the eggs are put in, and fruit should be put in with the flour.

The oven should be pretty hot for small cakes, and moderate for larger. To ascertain if a large cake is sufficiently baked, pierce it with a broom-straw

through the centre; if done, the straw will come out free from dough; if not done, dough will adhere to the straw. Take it out of the tin about fifteen minutes after it is taken from the oven (not sooner), and do not turn it over on the top to cool.

ICING.

The following rules should be observed where boiled icing is not used:—

Put the whites of your eggs in a shallow earthen dish, and allow, at least, a quarter of a pound or sixteen tablespoons of the finest white sugar for each egg. Take part of the sugar at first and sprinkle over the eggs; beat them for about half an hour, stirring in gradually the rest of the sugar; then add the flavour. If you use the juice of a lemon, allow more sugar. Tartaric acid and lemon juice whitens icing. It may be shaded a pretty pink with strawberry juice or cranberry syrup, or coloured yellow by putting the juice and rind of a lemon in a thick muslin bag and squeezing it hard into the eggs and sugar.

If cake is well dredged with flour after baking, and then carefully wiped before the icing is put on, it will not run and can be spread more smoothly. Put frosting on the cake in large spoonfuls, commencing over the centre; then spread it over the cake, using a large knife, dipping it occasionally in cold water. Dry the frosting on the cake in a cool, dry place.

FROSTING.

One cup granulated sugar, moisten thoroughly

with water sufficient to dissolve it when heated; let it boil until it threads from the spoon, stirring often; while the sugar is boiling, beat the white of one egg till it is firm; then when thoroughly beaten, turn it into a deep dish, and when the sugar is boiled, turn it over the white, beating all together rapidly until of the right consistency to spread over the cake. Flavour with lemon if preferred.

DEWEY ICING (FOR CAKES).

One cup icing sugar, butter the size of a walnut, white of an egg, one teaspoonful of vanilla, one teaspoonful of lemon. Mix butter and sugar, and add the egg and beat well; then the other ingredients, and spread on the cake when cold.

FIG PASTE FILLING.

Half pound of figs, one cup of sugar, half cup of cold water. Put figs into a bowl and pour boiling water over them, letting stand till soft, then cutting into small pieces with scissors; first cut off all the small hard pieces, and then chop figs until they become a thick paste; add sugar and water, and cook till thick and clear.

CHOCOLATE DRESSING FOR CAKE.

One bar and a half chocolate, five tablespoons sweet milk, four of powdered sugar; boil soft and thick; when cool add whites of two eggs and sugar to thicken.

CHOCOLATE DRESSING FOR CAKE, NO. 2.

One-half cupful of grated chocolate, one large cupful of sugar, one-fourth cupful of milk, butter the size of an English walnut. Mix and put on the stove to boil. It should not be stirred while boiling. Boil ten minutes and then set off and let cool, stirring occasionally. When cool put between and on top of the cake. If it is not thick enough, put back on stove and cook a little more.

CARAMEL FROSTING.

One cup of brown sugar, one cup of pulverised sugar, one-half cup of milk, butter the size of a walnut, four squares of Baker's chocolate, one teaspoonful of lemon essence, one teaspoonful of vanilla essence. Put the sugar and chocolate in a saucepan with milk and boil until melted; add the butter and boil until it shreds; add the essences and beat until it is thick enough to spread upon the cake.

LEMON JELLY FILLING FOR CAKES.

Half cup sugar, one egg, a tablespoonful butter, the juice of one lemon. Beat all together and boil until of the consistency of jelly.

ALMOND CREAM FILLING.

To one cup of sweet milk, add the well-beaten yolks of three eggs, two tablespoonfuls of sugar and one teaspoonful of cornstarch. Cook until smooth and thick; stir in half pound of blanched and chopped almonds, and flavour with lemon. Put

between the layers of the cake, and ice the top with plain boiled icing, sticking almonds over the cake.

BOILED ICING—PLAIN.

Boil two cups of sugar and half cup of water together until the syrup hairs as it drips from the spoon; pour this syrup over the beaten whites of two eggs, stirring until smooth. Different flavourings and colourings may be used, and nuts and fruits may be added. Have the cake out of the oven before making the icing, that it may have your whole attention.

MARSHMALLOW FILLING.

To two cups of sugar add enough water to dissolve; boil until the syrup hairs; while hot drop into the syrup half pound of marshmallows. Pour all (hot) into the beaten whites of three eggs. Spread between the layers, dropping cut marshmallows between and on the top of the layers.

ALMOND PASTE.

Grind one pound of almonds (measure carefully), then add same quantity of icing sugar, take yolk of one egg (do not beat it), mix all together well, making it fine as possible, adding a few drops of rose water. Then take the mixture and work it on baking board, adding more icing sugar to make it about like dough. Roll out size of cake, which should be brushed lightly with white of egg before laying paste on.

CHRISTMAS CAKE.

One pound Valencia raisins, half pound Sultana raisins, one and a half pounds currants, half pound sugar, three-quarters of a pound of flour, half pound of butter, quarter pound of blanched almonds, quarter pound of mixed peel, one teaspoonful mixed spice, one teaspoonful baking powder, pinch of salt, half a nutmeg, five eggs, grated rind and juice of one lemon, half wine-glass of brandy. Rub sugar and butter to a cream, add eggs, which have been beaten separately. Then add flour, baking powder, salt and spice. Mix well. Add fruit, peel, almonds, rind and juice of lemon, then pour on the brandy. Then thoroughly mix. Bake about three hours in moderate oven.

FRUIT CAKE.

Half cup butter, one cup of sugar, half cup of molasses, three and a quarter cups flour, half cup sour cream or milk, two eggs, half teaspoon soda, half pound raisins, half pound currants, one-fourth pound citron, one nutmeg, cloves and mace one teaspoon each.

PLAIN FRUIT CAKE.

One and a half cups of sugar, three-quarters cup of butter, three-quarters cup of molasses, half cup of milk, two eggs, half teaspoonful soda, one teaspoonful cinnamon, one teaspoonful cloves, one teaspoonful nutmeg, one pound currants, one-quarter pound citron, half glass of wine, flour to make a stiff batter.

PLUM CAKE.

Half pound flour, half pound butter, half pound sugar, half pound raisins, one pound currants, three eggs, candied peel and spice, half cup of sour milk, half teaspoonful of soda, teaspoonful molasses.

ALMOND CAKE.

One cup sugar, one cup butter, two cups flour, four eggs, half cup chopped almonds, a teaspoon ratafia, a teaspoon vanilla, a teaspoon baking powder, a cup of raisins. Add the flour and baking powder mixed last of all.

CHOCOLATE LOAF CAKE.

Dissolve two ounces chocolate in five tablespoonfuls boiling water, beat one-half cup butter to a cream, add gradually one and one-half cups sugar, beating all while; add yolks of four eggs, beat again, then add one-half cup milk, then the melted chocolate, one and three-quarters cups flour; beat the whites of the eggs to a stiff froth and add to the mixture one teaspoon vanilla, two teaspoons baking powder sifted with flour.

SPICE CAKE.

Two tablespoonfuls butter, one cupful dark sugar, one large cupful flour, two eggs, one teaspoonful each of cloves, allspice and cinnamon, two tablespoonfuls molasses, one-half cupful sour milk and one teaspoonful soda sifted. Bake in two layers, ice and fill with icing.

DATE CAKE.

One cup rolled oats, one and a quarter cups flour, half cup brown sugar, half cup butter, one-quarter cup sour milk, half teaspoon soda (in the milk).

Filling.—Half pound dates, half cup brown sugar, half cup hot water. Roll paste out quite thin, spread date filling between two layers and cook together, and let cool.

BEAUTIFUL LAYER CAKE.

Small cup of sugar. Butter the size of an egg. Beat together into a cream; add three tablespoons milk; three eggs (the yolks and whites beaten separately); two teaspoons baking powder; full cup flour; flavouring to taste; medium oven.

RAISIN LAYER CAKE.

One cup brown sugar, one-third cup butter, two eggs, one cup sifted flour, one cup chopped raisins, one-half cup sour milk, one-half teaspoon soda, one-third teaspoon cinnamon, one-third teaspoon nutmeg, one-third teaspoon allspice. Bake in layers in a moderate oven.

CORN CAKE.

Large one-half cup meal and full cup flour, two tablespoons sugar. Little salt, one egg, one cup sweet milk, one teaspoon cream tartar, one-half teaspoon soda. Sift soda and cream tartar into flour. Bake twenty minutes.

ECCLES CAKES.

Make a very short paste and roll lightly (always in one direction, never back and forth), and cut into squares about five inches. Place on each square currants which have been heated in a syrup of brown sugar and fold over the sides so as to make a square cake with round opening; put a little syrup in each cake before baking in a very hot oven.

SPICE CAKE, NO. 2.

One-half cup brown sugar, one-half cup butter, one-half cup molasses, one-half cup sweet milk, two eggs, one teaspoonful cinnamon, one-half teaspoonful cloves, two teaspoonfuls baking powder, two cups flour. This is nice for either a loaf or a layer cake.

CORNSTARCH CAKE.

One-quarter cup butter, two eggs, one cup sugar, one-half cup cornstarch, one cup flour, two teaspoonfuls baking powder. Beat yolks of eggs, butter and sugar to a cream, then add whites, starch, flour, baking powder and milk last. This amount makes one dozen small cakes.

WHITE ROCK CAKE.

Whites of three eggs, one-half cup melted butter, one cup of granulated sugar, one-half cup of flour, one-half cup of sweet milk, one cup cornstarch. Beat the eggs to a stiff froth; sugar and butter to a cream; mix flour and cornstarch with two and one-

half teaspoonfuls baking powder; then mix all together.

NEAPOLITAN CAKE.

Two cupfuls of sugar, two-thirds of a cupful of milk (a little warm), half a cupful of butter, two cupfuls of flour, two teaspoonfuls baking powder. The whites of five eggs; cochineal for half; ice with nuts. Directions: cream butter, sugar and milk together, then part of flour, whites of eggs with the rest of flour. Divide and colour one portion. Fill bake-pan with alternate layers of white and pink. Must not be moved in the oven until cooked.

SILVER CAKE.

Take half cup of sugar, quarter cup of milk, three-quarters cup of flour, quarter cup of butter, whites of two eggs, half teaspoonful of cream tartar, quarter teaspoonful of soda.

ANGEL CAKE.

Whites of six eggs, three-quarters cup of sugar (castor), half cup of flour, one teaspoonful of cream tartar and flavour. Sift sugar, flour, and cream tartar well together and beat in the whites of eggs—already well beaten. Bake in slow oven sixty minutes, in a pan not greased.

MOUNTAIN CAKE.

One cup of sugar, two eggs, one-half cup butter, one-half cup milk or water, two cups of flour, one

teaspoonful of cream of tartar, one-half teaspoonful of soda, and a little nutmeg.

WALNUT CAKE.

Two whites eggs, beaten stiff, one cup sugar, one-quarter cup butter, half cup milk, one and a half cups flour, half cup chopped walnuts, half teaspoon soda, one teaspoon cream tartar, vanilla. Beat butter in sugar, add milk, flour, nuts, eggs last; then bake slowly. Frost with chocolate frosting, with half walnuts on top.

JOE'S CAKE.

One cup of sugar, quarter cup butter, one egg, quarter cup of raisins chopped fine, quarter cup of currants, a little lemon peel, half teaspoonful of essence of lemon, quarter cup of milk, a teaspoonful of baking powder, and one and a half cups of flour.

GOLD CAKE.

Quarter cup butter, one cup sugar, quarter cup milk, one and a half of flour, two teaspoons baking powder, and yolks of two eggs.

For the silver cake use the same recipe, only in place of the yolks of eggs use the whites of two eggs.

POUND CAKE.

One cup of butter, one cup of sugar, four eggs beaten separately, one and one-half cups sifted

flour; mix butter and sugar to a cream, then put in yolks beaten light, the flour and whites last.

COFFEE CAKE.

Half cup molasses, half cup brown sugar, half cup cold coffee, two cups sifted flour, quarter cup butter, two teaspoons baking powder and a half teaspoon allspice.

WASHINGTON CREAM CAKE.

One cup sugar, quarter cup sweet milk, two eggs, one and a half cups flour, two even teaspoons baking powder, butter the size of an egg.

VANITY CAKE.

Two eggs, one cup flour rolled thin as a wafer; cut in patterns; boiled in lard.

DEVIL'S FOOD.

Part 1st. Two-thirds of a cup of chocolate shaved, two-thirds of a cup of brown sugar, half a cup of sweet milk, one teaspoonful of vanilla. Put the chocolate and sugar on the stove. Add the milk slowly, stirring constantly; cook until smooth. Add the vanilla when taken from the stove. Put in a pan of cold water to cool.

Part 2nd. One-half cup of butter, and one cup of brown sugar creamed; add two eggs and beat until light. Add the cooled chocolate and beat well, then add one-half cup of milk, one teaspoonful of soda sifted with two cups of flour. Beat hard, line

the tin with oiled paper or butter the tin. Bake in two layers.

Chocolate Cream Filling. Six tablespoonfuls of grated or shaved chocolate, enough milk or cream to moisten, one cupful of sugar, one egg beaten. Stir the ingredients over the fire until smooth. Take from the stove and add vanilla. When cool put between and on top of the cake.

PLAIN LAYER CAKE.

Cream one butter ball and one cupful of sugar, two eggs, beaten separately; mix yolks and sugar and butter together. Add one cup of milk, one cup and a half of flour and two teaspoonfuls of baking powder, sifted. Add the beaten whites last.

Filling.—One egg well beaten, one-half cup of sugar, two tablespoonfuls of flour, mix together; one and one-fourth cups of milk, let milk come to a boil. Add one teaspoonful of vanilla.

STRAWBERRY SHORT CAKE.

Two cups flour, two teaspoonfuls baking powder, one-half teaspoon salt, two teaspoonfuls sugar, three-quarters cup milk, one-quarter cup butter, strawberries. Mix the flour, baking powder, salt and sugar and sift twice. Work in the butter with tips of the fingers and add the milk gradually. Toss on a floured board, divide into two parts, pat and roll out. Bake in two layers, one on top of the other, with butter between; when cool, open with a knife. Sweeten strawberries to taste. Crush slightly and put between and on top of the short cake. Cover

the top with whipped cream, sweetened and flavoured with vanilla.

To one-half pint thick cream add one-quarter cup milk and beat until stiff with the egg beater. Add one-quarter cup powdered sugar and one-quarter teaspoonful vanilla. Serve at once.

The cream may be omitted. Other fruits may be substituted.

ORANGE SHORTCAKE.

Make a nice shortcake; spread in layers of sliced oranges with sugar and a little cream. To be eaten with sweetened cream.

APPLE SHORTCAKE.

Season apple sauce with butter, sugar, etc.; make a nice shortcake, open and butter it and put the apple sauce in layers. Serve with sweetened cream.

BERRY TEA CAKE.

One tablespoonful butter, half cupful sugar, one egg, one-third cupful milk, one and a quarter cupfuls flour, one teaspoonful baking powder, pinch salt, half cupful blueberries. This is particularly good for tea, because it is simply and easily made. After the butter, sugar and egg have been beaten together add the milk. Now mix the flour, baking powder and salt, and sift into a bowl containing the other ingredients. Stir well and afterwards lightly stir in the blueberries. Pour the mixture into a shallow, buttered pan and bake for half an hour. It should be served hot with butter.

RED RASPBERRY SHORTCAKE.

Make a crust, allowing one heaping tablespoonful of butter and one teaspoonful of baking powder to every cup of flour. Roll thin and bake on a large pie plate or tin; spread butter between the two layers so they can be separated without cutting; spread again with butter and fill with fresh raspberries, which have stood with sugar over them for one-half hour or longer. Serve at once.

GINGER BREAD.

One egg, half cup sour cream, half cup brown sugar, half cup black molasses, one tablespoon butter, one teaspoon ginger, half teaspoon cinnamon, half teaspoon of soda dissolved in the sour cream, one and a quarter cups of flour.

JELLY ROLL.

Beat two eggs separately, add half cup sugar and beat all together, add half cup of flour which has been sifted twice with one teaspoon of baking powder and pinch of salt. Flavour with vanilla. Put in well-buttered pan, 10 x 7 inches. When cooked, which will be in a few minutes, turn out on sugared paper, spread with jam and roll immediately.

LUCY'S TEA CAKE.

One egg, half cup of sugar, quarter cup of butter, half teacup of milk, one cup of flour, and a few currants.

RICE FLOUR CAKE.

Five eggs, half pound of sugar, half pound of rice flour; flavour with lemon; beat the eggs and sugar half an hour, then add the flour.

SCOTCH SHORTBREAD.

One pound flour, one-half pound butter, one-quarter pound sugar, fine granulated. Put flour on board, add butter and sugar, and knead with the hand until a nice dough is formed. Roll into a round cake any thickness desired and bake in a moderate oven about half an hour, or until it is nicely browned. Cut into shapes while hot.

SPONGE CAKE.

Two eggs, half cup of fine white sugar, half cup of flour, lemon flavouring. Beat yolks and whites separately, add half the sugar to yolks and half to whites and beat well, then beat both together, stir in flour, bake in slow oven.

SPANISH BUN.

Two eggs, small cup sugar, butter size of a large egg, one-half cup milk, one-quarter teaspoonful cloves, three small teaspoonfuls cinnamon, two teaspoonfuls baking powder, one large cup of flour.

SOPHIA'S LADYFINGERS.

One cup of sugar, two eggs, beaten separately, one-half cup of hickory nuts chopped fine, one teaspoonful of baking powder, the grated rind of one

lemon. Mix sugar and yolks, add the nuts and whites of eggs and flour enough to roll out, sprinkle lightly with sugar, cut into strips three inches long and one inch wide, and bake in moderate oven. Delicious.

DOUGHNUTS.

One-half cup of sugar, one egg, one cup of milk, one tablespoonful of melted lard, one pinch of salt, three tablespoonfuls of baking powder in part of flour; add flour enough to roll out the dough, cut, and fry in very hot lard. When brown on both sides, drain on unglazed paper. Sprinkle with powdered sugar.

NICE LITTLE CAKES—CHEAP.

Quarter cup butter, quarter cup sugar, quarter cup milk, one and half cups flour, one egg, two teaspoonfuls baking powder. Mode—Beat the eggs, add the sugar, the batter well beaten, and half a nutmeg if the flavour be approved of, if not any other spice, or a few drops of essence of any kind; mix the baking powder well with the flour, and add by degrees to the mixture; bake in small patty pans half an hour in a quick oven. They will be found very good if properly made.

CHEESE STRAWS.

Mix three ounces of flour with four ounces of grated cheese, add one-half a tablespoon of salt, dash of cayenne, and one-quarter pound of butter. Work this to a smooth paste sufficiently stiff to roll;

add a very little water, if necessary. Roll out in very thin strips and cut into straws, place on a greased tin and bake ten minutes in a moderate oven. They must be straw colour and very crisp.

GINGER SNAPS.

Half cup butter, half cup brown sugar, half cup molasses, quarter cup boiling water, teaspoon ginger, teaspoon cinnamon, half teaspoon of soda dissolved in the boiling water. Flour for stiff dough. Roll thin and cook in quick oven.

WHOLE WHEAT GINGER SNAPS.

Half cup Orleans molasses, quarter cup shortening, quarter cup brown sugar. Place on stove and let come to a boil, then take off immediately and add a quarter teaspoon soda and half teaspoon ginger; then add whole wheat flour until thick enough to roll.

MACAROONS.

Two eggs, one cup sugar, two cupfuls rolled oats, two teaspoonfuls baking powder, ratafia flavouring. Drop in a pan with spoon and bake.

PARIS STICKS.

One cupful of chopped almonds, one-third cup of flour, half teaspoon baking powder, half cupful of pulverised sugar, the white of an egg beaten to a stiff froth, the grated rind of one lemon. Mix the ingredients and roll out on pulverised sugar; cut

into strips an inch wide and put into paraffined pans. Bake in a slow oven. Excellent.

ALMOND STRIPS.

Mix one cup of almonds, chopped fine, with the white of one egg slightly beaten, two tablespoonfuls of powdered sugar. Roll out puff paste very thin, three inches wide and ten inches long, cover with the almond nut mixture, cut into long strips, bake until a light brown.

COCOANUT DROPS.

Beat the white of one egg, add two tablespoonfuls of sugar, one tablespoonful of flour, one and one-half cupfuls of cocoanut; mix lightly and drop on oiled paper, and bake in a very moderate oven.

OATMEAL COOKIES.

One cup oatmeal, one cup flour, one-third cup boiling water, one-third cup melted lard, one-half teaspoonful soda, one-third cup sugar. Roll very thin. These are a general favourite.

JUMBLES.

One cup sugar, half cup butter, two eggs, one and a half teaspoon baking powder, one and a half cups flour, nutmeg. Roll thin and use cutter with hole in centre.

SHREWSBURY WAFERS.

Beat an egg until light, and add gradually while

beating, half cup sugar. Then add two-thirds tablespoon of melted butter, two-thirds cup rolled oats, one-third cup cocoanut, one-third teaspoon of salt, a little vanilla. Drop by teaspoonfuls one inch apart.

PLAIN COOKIES.

One egg, one cup butter, one cup sugar, half teaspoon of soda dissolved in two tablespoons of sour milk, a little cinnamon and flour enough to make a dough. Roll thin and bake quickly.

DROP COOKIES.

Two cups of sugar, one cup of milk, half cup of butter, three-quarters cup of flour, two teaspoonfuls baking powder, two eggs.

NUT STICKS.

Rub half tablespoonful of butter into one pint of flour; add one even teaspoonful of baking powder, half teaspoonful of salt; mix thoroughly; add just enough milk to roll into dough; roll quarter inch thick; brush with milk; and spread with chopped hickory nuts; press into dough with rolling pin; cut into rings and sticks; lay in greased pans and bake a delicate yellow. Serve with the salad course.

HICKORY NUT COOKIES.

Beat three eggs until the whites and yolks are well mixed; add one cup of chopped hickory nut meats dredged with flour; half cup of sugar, three-

quarters cup of melted butter, one teaspoonful of soda, and about three cups of sifted flour; roll thin; cut and bake in a moderate oven.

KISSES.

One egg, one cup sugar, one-half cup of butter, one-half cup milk, one teaspoon cream of tartar, one-half of soda, flour enough to make a stiff dough; drop on tins and sprinkle over with powdered sugar. Bake in a quick oven.

KISSES, NO. 2.

Beat together until stiff, the whites of two eggs and one cup of sugar. Whip until the mixture retains its shape; drop on buttered paper placed in the bottom of a pan, and bake in a slow oven.

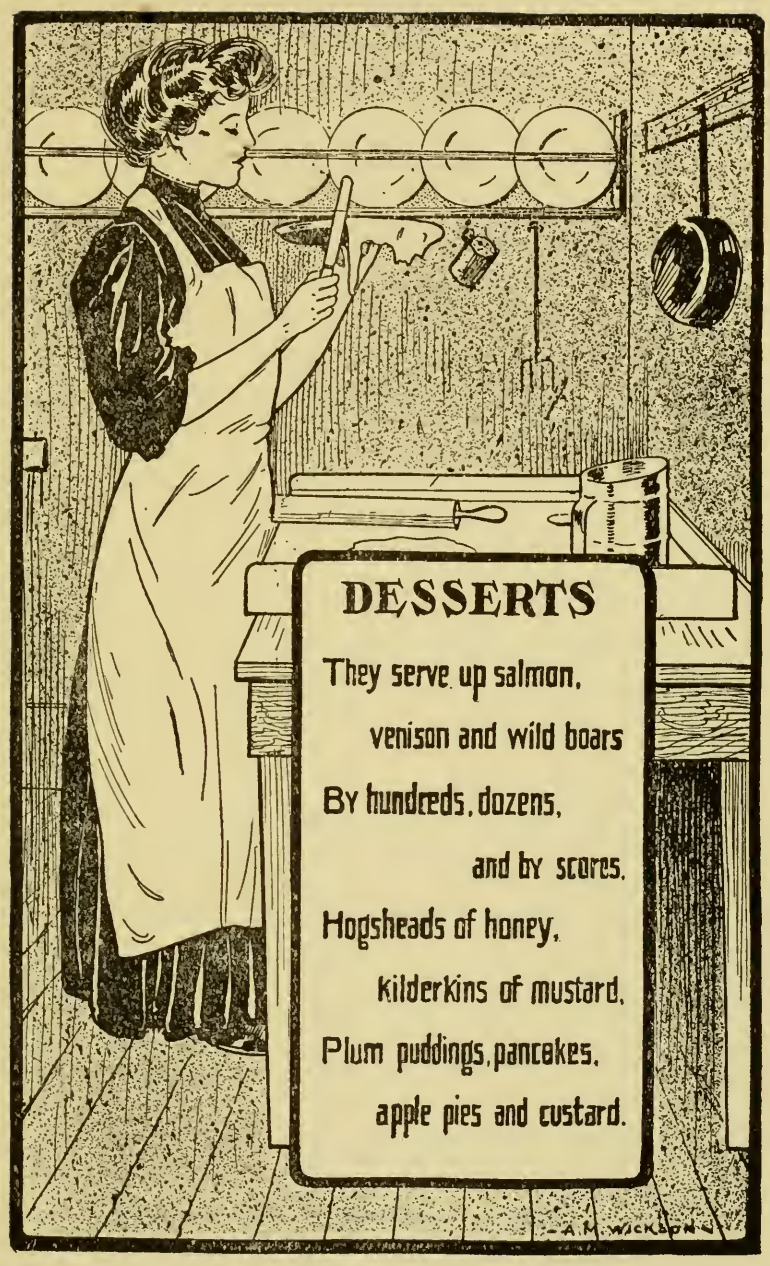
HERMITS.

Cream three-quarters cup of sugar and half cup of butter; add two eggs well beaten, two tablespoonfuls of sour milk to which has been added half teaspoonful of soda; one teaspoonful of cinnamon, half teaspoonful of cloves, half cup of chopped raisins, and sifted flour enough to make a soft dough. Roll thin, as for wafers, and bake.

HYPOCRITES.

Beat three eggs very light with a generous pinch of salt; add one and a half tablespoonfuls of sugar, one large tablespoonful of melted butter, and sifted

flour enough to roll out thin; cut in narrow strips and fry the same as doughnuts; sprinkle while hot with powdered sugar. Hypocrites are very nice served with coffee as a light refreshment, or at luncheon.


DESSERTS
They serve up salmon,
venison and wild boars
By hundreds, dozens,
and by scores.
Hogsheads of honey,
kilderkins of mustard,
Plum puddings, pancakes,
apple pies and custard.

DESSERTS.

PIES AND PASTRY.

PLAIN PIE CRUST.

For one pie, use one cup of pastry flour, a pinch of salt and one-third cup of shortening. Add enough cold water to make the paste. Toss on a floured board; press together; roll out, lightly, with the rolling-pin, being careful not to bear down and to always handle the paste as lightly as possible. Spread with lard; make a roll of the paste; cut off one-third of the roll for the upper crust; roll out the larger piece for the bottom crust. Spread the top crust with lard. Bake in a hot oven. When but one crust is used, a strip of the paste should be fluted around the edge, making the crust deeper.

The quicker puff paste is made the lighter it will be.

A brisk oven is needed for all pastry. A very simple test will show the right heat. Insert a piece of white note paper into the oven and after five minutes take it out. A pale yellow hue on the paper will indicate that it is too slow for ordinary puff paste; a nice brown colour, decided in tone, shows that the heat is just right. A very dark brown shows too much heat.

APPLE PIE.

Peel and cut tart apples into eighths; remove the cores. Vary the amount of sugar according to the acidity of the apples, using two tablespoonfuls or

more for an apple. If the apples are not juicy, add from one-half tablespoonful to one tablespoonful water, according to the size of the apple.

The apples may be flavoured with lemon juice, cinnamon or nutmeg, and should be covered with bits of butter. Bake until the apples are soft and the crust is brown. Apple sauce may be used on a baked crust.

FINE PUFF PASTRY.

One pound of flour, a little more for rolling pin and board, and half a pound of butter and half a pound of lard. Cut the butter and lard through the flour (which should be sifted) into small thin shells and mix with sufficient ice water to roll easily. Avoid kneading it and use the hands as little as possible in mixing.

APPLE LEMON PIE.

Two tart apples chopped fine, two eggs beaten, juice of two lemons, grated rind of one, one cup of sugar, a pinch of salt. Bake between two crusts.

CHERRY PIE.

Line your pie tin with good crust, fill half full with ripe stoned cherries; sprinkle over them one cupful of sugar, one teaspoonful of flour sifted. Now fill the crust to the top with more cherries. Cover with the upper crust and bake. This is a most delicious pie.

CREAM PIE.

Yolks of two eggs, two tablespoonfuls of cornstarch, two tablespoonfuls of sugar, and one pint of rich milk. Flavour to the taste; put the yolks and whites together, or spread the whites over the top of the pie.

SMALL LEMON PIE.

Moisten one heaping tablespoonful of cornstarch with a little water, add a cupful of boiling water. Stir over the fire until it boils three minutes; add a teaspoonful of butter and one cupful of sugar. Take off the fire, and when slightly cooled add one beaten egg and the juice and grated rind of one lemon. Bake with a crust.

LEMON FILLING FOR PIE.

One lemon, juice and rind grated; yolks of two eggs, one cup of water, one cup of sugar, one heaping teaspoonful of cornstarch. Put in a double boiler and boil thick. Save the whites for top.

PRUNE PIE.

Wash half pound of prunes and soak in cold water for an hour or more. Cook in the same water until soft; remove the pits; cut the prunes in pieces and put in an under crust; add three tablespoonfuls of sugar, one tablespoonful of lemon juice and a sprinkling of flour; small bits of butter; then put on top crust and bake.

RASPBERRY PIE.

Line a shallow pudding dish, or deep plate, with pie crust and fill with berries, a cup of granulated sugar mixed with one tablespoonful of flour. Cover with a tolerably thick sheet of crust; make several incisions for the escaping steam; bake until crusts are a delicate brown. Serve cool.

CRANBERRY PIE.

Take fine, sound, ripe cranberries and with a sharp knife split each one until you have a heaping coffee cupful; put them in a vegetable dish or basin; put over them one cupful of white sugar, half a cup of water, a tablespoonful of sifted flour; stir it all together and put into your crust. Cover with an upper crust and bake slowly in a moderate oven.

PIE PLANT PIE.

Wash, skin and cut in half-inch pieces, sufficient pie plant for one pie. Put into an under crust; sprinkle with flour; add a scant cup of sugar; cover with small bits of butter; put on upper crust; bake until brown.

COCOANUT PIE.

To three eggs beaten separately add two tablespoons of sugar mixed with one teaspoon of flour and pinch of salt. One cup shredded cocoanut, vanilla flavouring, beat well, add one pint warm milk. Put in under crust and bake until solid.

CUSTARD PIE.

Made same as cocoanut pie, omitting the shredded cocoanut.

PUMPKIN PIE.

Three-quarters cupful of boiled or steamed pumpkin (well mashed), one and a half cupfuls of milk, half cupful of sugar, one egg, and a teaspoonful of ginger, nutmeg, cinnamon and cloves.

MINCE PIE.

Put a sufficient amount of good mince meat, either home-made or prepared, to fill an under crust. Cover with an upper crust and bake until brown. Reheat slightly before serving.

MINCE MEAT.

One-half cupful of mixed candied citron, lemon and orange peels, one-half cupful of suet, one and one-half cupfuls of mixed raisins and currants, one and one-half cupfuls of chopped apples, one cupful of cooked beef chopped fine, one heaping tablespoonful and half of molasses, three tablespoonfuls of brown sugar, one teaspoonful and a half of mixed spices. (Nutmeg, allspice, cloves, cinnamon and black pepper.) Add three pinches of salt, half a cupful of brandy and half a cupful of cider, mixed. Let stand several days before using.

MINCE MEAT (WITHOUT LIQUOR).

Mix together one cup chopped apple, one half cup

raisins seeded and chopped, one half cup currants, one-fourth cup butter, one tablespoon of molasses, one tablespoon of boiled cider, one cup of sugar, one teaspoon of cinnamon, one half teaspoonful of cloves, one half nutmeg grated, one saltspoon of mace, one teaspoon of salt. Add enough stock in which meat was cooked to moisten; heat gradually to boiling point and simmer one hour; then add one cup of chopped meat and two tablespoons of jelly. Cook fifteen minutes.

PEACH PIE.

Slice peaches in an under crust; sprinkle with one-half cup of sugar; add three tablespoonfuls of water; put on upper crust and bake.

CREAM PUFFS.

Half a cup of butter melted in one cup of hot water, put on the stove to boil; while boiling add one cup of flour. Take off and let cool; when cold stir in three eggs one after the other without beating; drop on buttered tins and bake thirty minutes.

Filling for above—One cup of milk, one egg, half a cup of sugar. Thicken with two small tablespoonfuls of cornstarch, and flavour with vanilla; add a small lump of butter.

CHEESE TARTLETS.

Make a paste of one ounce butter, two ounces flour, one yolk of an egg, a little water and salt; line some patty pans, beat up two ounces grated

cheese in a basin with yolks of two eggs, add pepper, salt, etc.; work in a little cream or milk; fill each patty with mixture and bake in moderate oven.

PUDDINGS AND SAUCES.

PLUM PUDDING.

One-half pound each of suet, bread-crumbs, raisins, currants, and sugar, one glass brandy, four eggs, nutmeg, a little mace or cinnamon, one pinch of salt and milk enough to moisten; boil six hours. Fewer currants and raisins may be used and the difference made up with candied peels, which is an improvement.

PLUM PUDDING. No. 2.

One-half cup suet, one-half cup sweet milk, one-half cup molasses, one-half cup sugar, one-half cup currants, one and a half cup raisins, two cups flour, one-half teaspoon cinnamon, one-half teaspoon cloves, one-half teaspoon spice, one-half teaspoon soda; boil three hours.

CHEAP PLUM PUDDING.

Two cups of flour, one teaspoon of baking powder, one-half teaspoon of cinnamon, one-half cup of suet, one-half cup raisins, one egg, one-half cup molasses, one-half cup of milk. Steam three hours.

RICE AND APPLE PUDDING.

Half cup of rice boiled *very* soft; stir well to

keep from burning; four large apples, stewed; press the pulp through a sieve, mix it thoroughly with the rice; add half a teaspoonful of butter and yolks of two eggs well beaten; sweeten to taste. Bake. Beat the whites of the eggs and put on the top. It is nicer almost cold.

CAKE PUDDING.

One egg, one tablespoon of butter, three-quarters of a cup of sugar, half a cup of milk, one cup of flour, two teaspoonfuls of baking powder. Butter the mould, then put in a little preserve and then your batter. Steam one hour.

PRUNE PUDDING.

Stew one-half pound of prunes, drain off the juice, stone, and chop fine. Beat the whites of two eggs stiff and add gradually one-half cupful of sugar, beating all the time, and then add the chopped prunes gradually. Beat thoroughly. Bake twenty minutes and serve cold with a custard made of the yolks of the eggs, or whipped cream.

CHEESE PUDDING FOR LUNCHEON.

This dish is rather nice for a midday luncheon, or it may be served as a supper dish. Toast four slices of bread, place in a small baking-dish, cover with thick layer of grated cheese, dust lightly with salt and pepper, cover with another slice of bread, then a layer of cheese, and so on until you have used the four slices of toast, having the top bread; baste

over one-half a pint of hot milk, bake in a quick oven twenty minutes.

PLUM PUDDING (CARROT PUDDING).

Equal quantities of suet, flour, raisins, currants, grated potato, grated carrots, say one cup of each; add a small half cup black molasses, one half teaspoonful ground allspice, same of cloves, and a dash of black pepper, a small teaspoonful of salt. Add, if you wish, citron, lemon, and orange peel, and chopped almonds. Steam three and one-half or four hours.

CHOCOLATE SPONGE PUDDING.

Yolks two eggs, whites two eggs, one-half cup sugar, one and one-half tablespoons milk, one and one-half tablespoons grated chocolate (unsweetened), one teaspoon baking powder, one-half cup flour. Beat the yolks of the eggs with the sugar, add the grated chocolate and milk by turns; put the baking powder into the flour and add them to the mixture, and lastly the beaten whites of the eggs. Steam an hour and a quarter. Serve with whipped cream.

COLD FRUIT PUDDING.

Hot stewed fruit poured over layers of bread and butter in a mould; when cold serve with cream.

COTTAGE PUDDING.

One tablespoonful butter, one-half cup white

sugar, one egg, one-half cup milk, one cup flour, one teaspoonful baking powder; bake and serve with sauce.

BETSY PUDDING.

One pint of milk, three ounces bread-crumbs, one egg, one tablespoonful of white sugar, jam.

Spread a good layer of jam in the bottom of a pie-dish. Pour the milk nearly boiling on to the bread-crumbs; when cool stir in the egg, which should be beaten; pour this gently on the preserve; grate a little nutmeg over the top, and bake for half an hour.

MARMALADE PUDDING.

Two tablespoonfuls of marmalade, about one and one half cups of bread-crumbs, one-fourth cup of milk and water mixed, one-half cup of suet, one-half cup flour, one spoonful baking powder, pinch of salt. Steam and serve with sauce.

RAISIN PUFF.

One egg, one tablespoonful butter, one cup of flour, in which sift a teaspoonful of baking powder; tablespoon of white sugar, one-half cup of raisins chopped very fine, one-half teacup of sweet milk. Steam one hour in an ordinary brown bread steamer. Serve with whipped cream or cold sauce.

STEAMED ROLY POLY.

Sift together one and a half cups of flour, one tea-

spoonful baking powder, and pinch of salt, rub in one tablespoonful of butter; mix into a soft dough with water, roll on a board and spread thickly with jam. Roll up, place in a dish and steam for two hours. Serve with cream or sauce.

APPLE SOUFFLE PUDDING.

Three fine juicy apples, one-half cup fine bread crumbs, two eggs, one-half cup of sugar, one tablespoonful butter, nutmeg, and a little grated lemon peel.

Pare, core, and slice the apples, and stew in a covered double saucepan, without a drop of water, until they are tender. Mash to a smooth pulp, and while hot, stir in the butter and sugar. Let it get quite cold, and whip in, first the yolks of the eggs, then the whites—beaten very stiff—alternately with the bread crumbs. Flavour, beat quickly three minutes, until all the ingredients are reduced to a creamy batter, and bake in a buttered dish, in a moderate oven. It will take about an hour to cook it properly. Keep it covered until ten minutes before you take it out. This will retain the juices and prevent the formation of a crust on the top.

BAKED APPLE DUMPLINGS.

Cut a short pie crust into five or six inch squares. In the centre of each place a pared and neatly cored apple, filling the space with sugar and cinnamon if liked. After wetting the edges of the pastry with white of egg, fold it over the apple, pinch and flute them to look well, and encase the apple completely.

Bake from thirty to forty minutes, toward the last brushing the top with the white of egg and dusting with a little sugar. Serve with hard sauce.

BATTER PUDDING.

One cup of milk, two eggs, the yolks and whites beaten separately, five tablespoons of sifted flour, a little salt; beat in the whites of the eggs the last thing before baking; bake half an hour.

SPOONFUL PUDDING.

One egg, one tablespoonful butter, two tablespoonfuls sugar, two tablespoonfuls flour, one tablespoonful cornstarch, one tablespoonful milk, one teaspoonful baking powder, pinch of salt, raspberries. This is both good and delicate, and if properly cooked will be very light. Chopped pineapple or pitted cherries may be used in place of raspberries if you happen to lack a supply of that fruit. In measuring the butter have your measurement level; but the spoonfuls of sugar, flour and cornstarch must all be heaped up.

Cream the butter; then cream the butter and sugar together. Mix the salt, cornstarch and flour, reserving a little of the flour to mix with the baking powder a little later. Sift these dry ingredients and mix with the butter and sugar; then add the milk and the yolk of the egg, beating the batter thoroughly. Now put in the baking powder, mixed with the small quantity of flour that was left, and finally fold in the white of the egg. Butter three earthenware coffee-cups, and into each put two generous

tablespoonfuls of red raspberries, and over the fruit two tablespoonfuls of batter. This recipe provides a quantity sufficient for three such cups. If smaller cups are used only a tablespoonful each of the fruit and batter should be placed in each cup. Cook in a steamer for forty-five minutes, and serve with any liquid sauce suitable for a steamed pudding, or with sugar and cream.

STEAMED APPLE DUMPLINGS.

Using a soft biscuit dough, proceed as before. Steam the dumpling over rapidly boiling water for one hour. Serve with hard sauce.

BREAD PUDDING.

Cut two slices of bread into inch squares, pour over one cup of cold milk and let stand for one-half hour. Beat two eggs separately. Add two tablespoons of sugar, small pinch of salt and cup of milk, pour over soaked bread. Grate a nutmeg on top and bake.

APPLE FLOAT.

A cup of stewed, well-mashed apples, the whites of two eggs beaten to a stiff froth, two large tablespoonfuls of sugar; then add the apples and sugar alternately, a spoonful of each, and beat all together until it stands up perfectly stiff; it will swell immensely. Serve this in saucers on a custard made of the yolks of the eggs, one cup of milk, one tablespoonful of sugar, and flavour with vanilla.

CHOCOLATE PUDDING.

To one pint of milk add two tablespoonfuls of sugar; let come to a boil and add two tablespoonfuls of cornstarch, moistened with cold water; let thicken; divide, and to half add tablespoonful of grated chocolate. Put in jelly glasses in layers. Chill and serve with whipped cream.

COCOANUT PUDDING.

To one pint of sweet milk, add the yolks of two eggs, well beaten, two large tablespoonfuls of shredded cocoanut and one-half cup of rolled cracker crumbs; beat thoroughly; flavour with vanilla; bake one-half hour. Cover with a frosting made from the whites of the eggs beaten to a stiff froth; add one tablespoonful of powdered sugar; return to the oven and bake a delicate brown.

SNOW PUDDING.

Pour one-half pint of boiling water over one tablespoon of gelatine, which has been soaked for twenty minutes in cold water; when the gelatine is dissolved, add one cup of white sugar and the juice of a lemon. When cold, slash the gelatine into bits; beat into it the whites of two eggs, beaten to a stiff froth and serve with sauce made as follows: make a boiled custard of one-half pint of milk, the yolks of two eggs and one-half teaspoonful of vanilla.

LEMON PUDDING.

Put one pint of water to boil; when boiling mix in

one tablespoonful cornstarch, previously dissolved in a little water; the juice and grated rind of a lemon, one-half cupful of white sugar. When quite thick beat in the whites of two eggs, beaten stiff; set aside to cool; serve with a thin custard made with the yolks of eggs, flavoured with vanilla.

TAPIOCA CREAM.

Soak one and one-half tablespoonfuls of tapioca in water over night. In morning drain. Add one pint of milk, yolks of two eggs beaten well with one tablespoon of sugar, small pinch of salt and flavouring. Put in double boiler. When at boiling point add the whites of the eggs which have been well beaten and sweetened and let it remain undisturbed for a few minutes, then stir and turn into dish. Serve cold.

TAPIOCA JELLY.

Soak a half cup of tapioca over night in a cup of cold water. Put into a double boiler a pint of boiling water and dissolve in this a tablespoonful of granulated sugar. Now turn in the soaked tapioca and cook until clear. Remove from the fire and add two teaspoonfuls of lemon juice. Have ready two jelly glasses wet with cold water and turn the liquid jelly into these. Set in a cold place to form. Serve very cold with sweetened cream.

SWISS APPLE PUDDING.

Apples, bread crumbs, moist sugar, butter.

Prepare the apples as for a pie, and put a layer

of them in a buttered dish; cover with bread-crumbs, and a little sugar, and a few small pieces of butter. Repeat this until the dish is full, and bake till well browned. When finished, turn it out of the dish and sprinkle with white sugar.

TAPIOCA PUDDING.

Soak three and one-half tablespoonfuls of tapioca in one pint of milk over night; add three eggs well beaten, one grated lemon rind, two tablespoonfuls of sugar; bake in a moderately quick oven.

BOILED CUSTARD.

One tablespoon of the cornstarch to one pint of milk; mix the cornstarch with a small quantity of the milk and flavour it; beat up two eggs. Heat the remainder of the milk to near boiling, then add the mixed cornstarch, the eggs, two tablespoons of sugar, a little butter and salt. Boil it two minutes, stirring briskly.

SAGO CUSTARD.

Two tablespoons sago boiled in a little water till clear; add one pint of milk, let it come to a boil, then add two well beaten eggs and sugar to taste. Put the vessel containing the custard in a kettle of boiling water; stir it briskly till it thickens a little; flavour with vanilla after it is partly cool.

SNOW SOUFFLE.

Beat the whites of two eggs to a stiff froth; dis-

solve one-half box of gelatine in a little more than a pint of hot water; two cups of sugar, and the juice of two lemons; when this is dissolved and cooled, stir into it the eggs you have beaten, beat the whole together until it is white and stiff; mould and pour around it soft custard.

TIPSY PUDDING.

Flavour boiled custard with sherry wine and pour over slices of stale sponge cake. Cover with cream sauce.

BOILED RICE.

Have ready on the fire, pot with quart of boiling water. Wash half cup of rice, and sprinkle it in. Add salt. Boil rapidly, so that the water tosses the grains about loosely for fifteen minutes without touching. Then, throw it into colander to drain; then remove to double boiler and add a cup of milk. Cook for one hour without stirring.

BOILED RICE. No. 2.

Boil half a cupful of rice in just enough water to cover it, with half a teaspoonful of salt; when the water has boiled nearly out and the rice begins to look soft and dry, turn over it a cupful of milk, and let it simmer until the rice is done and nearly dry; take from the fire and beat in a well-beaten egg. Eat it warm with cream and sugar. Flavour to taste.

RICE PUDDING.

To one cup of freshly boiled rice add two tablespoons of sugar, one cup of milk, two well beaten eggs, half cup raisins and flavouring to taste. Bake in moderate oven half hour.

BANANA OR ORANGE CUSTARD.

Arrange slices of fruit in glass dish, pour over them boiled custard, chill and cover with meringue.

BLANC MANGE.

Two tablespoonfuls of prepared cornstarch to one pint of milk, mix the starch in a little of the milk. Heat the remainder of milk and when boiling add the dissolved starch. Boil a few minutes stirring constantly. Sweeten and flavour to taste. Allow to cool in mould. Serve with cream and sugar, jelly or preserves.

BAKED CUSTARD.

Two cups scalded milk, three eggs, pinch of salt, one teaspoonful of cornstarch mixed with two tablespoonfuls of sugar. Little nutmeg. Beat eggs, add sugar and salt, pour on slowly scalded milk; strain in buttered mould, set in pan of hot water. Sprinkle with nutmeg, and bake in slow oven until firm, which may be readily determined by running silver knife through custard; if knife comes out clean, custard is done.

CUP CUSTARD.

Break into a coffee-cup an egg, put in two tea-

spoonfuls of sugar, beat it up thoroughly, a pinch of salt and a pinch of grated nutmeg; fill up the cup with good sweet milk; turn it into another cup, well buttered, and set it in a pan of boiling water, reaching nearly to the top of the cup. Set in the oven, and when the custard is set it is done. Eat cold.

A NICE DESSERT DISH.

Fill a quart bowl with alternate layers of thinly sliced apples and sugar, and add half a cup of water, cover with a saucer, held in place by a weight; bake slowly three hours; let it stand until cold, and you will turn out a round mass of clear red slices, imbedded in firm jelly. For an accompaniment to a dessert of blanc mange, rennet custard, cold rice pudding, or similar dishes, or even with nice bread and butter, there is nothing better.

PRUNE WHIP.

Pick over and wash one-fourth pound prunes, then soak several hours in cold water to cover; cook in same water until soft; remove stones and rub prunes through strainer, add two tablespoonfuls of sugar and cook five minutes; the simple mixture should be of the consistency of marmalade. Beat whites of three eggs until stiff, add prune mixture gradually when cold, and a teaspoonful of lemon juice. Pile lightly in buttered pudding dish. Bake five minutes in slow oven and serve cold with boiled custard.

NEAPOLITAN BASKETS.

Bake sponge cake in gem pans, cool, and remove centres. Fill with cream sauce No. 2, flavouring half the sauce with chocolate; melt chocolate, dilute with hot water, cool, and add cream sauce slowly to chocolate. Garnish with candied cherries and angelica.

BAVARIAN CREAM.

Soak a tablespoonful of gelatine in a little cold water for fifteen minutes; scald one-half pint of rich milk with two tablespoonfuls of sugar; add the gelatine and the beaten yolks of two eggs; take from the fire and add one-half teaspoonful of vanilla. While it is cooling, whip one-half pint of cream to a stiff froth. When the gelatine is nearly cold, stir in the whipped cream gently; pour into moulds which have been thoroughly chilled; set on ice until moment of serving.

WHIPPED CREAM.

Whip one-half pint of double cream to a stiff froth and set on ice. Beat the whites of two eggs stiff; add three tablespoonfuls of powdered sugar. Stir the beaten eggs into the whipped cream just before serving and colour with fruit juice, preferably cherry.

FRUIT SALAD.

Soak one tablespoonful of gelatine in a cup of cold water; add one pint of boiling water, three-

fourths cup of sugar, juice of one lemon, and stir until dissolved; strain and when partly cold add slices of oranges, bananas, white grapes and candied cherries. Set away on ice to chill and serve with whipped cream.

SLIP.

Slip is bonny-clabber without its acidity, and so delicate is its flavour that many persons like it just as well as ice-cream. It is prepared thus: Make a pint of milk moderately warm; then stir into it one junket tablet dissolved in one tablespoonful warm water; set it by, and when cool again it will be as stiff as jelly. It should be made only a few hours before it is to be used, or it will be tough and watery; in summer set the dish on ice after it has jellied. It must be served with powdered sugar, nutmeg and cream.

BAKED PEACHES.

Sugar, cream, peaches. Baked peaches are as different from the stewed fruit as baked apples are from apple sauce. You begin by pouring boiling water over the peaches until the skin will easily slip off. Place them in one layer in a pan, sprinkle liberally with sugar and pour half an inch of water over them. Bake until tender and slightly brown, and serve with rich cream, either plain or whipped.

PRUNE JELLY.

One-half pound of prunes, well washed, then cov-

ered with water and allowed to soak for six hours. Put on to boil in same water until tender; add one-half pound of sugar, and boil ten minutes; strain and remove stones. Take one-half ounce of gelatine soaked in one-half cup of water. Put juice from prunes equal to one and one-quarter cupfuls; add juice of one-half lemon and orange. When this commences to boil add gelatine and prunes. Turn into mould and serve when cold with whipped cream.

TRIFLE.

Any kind of stale cake, sponge or pound cake preferred, one tablespoonful of wine (sherry), one tablespoonful of brandy, strawberry or raspberry jam, one-half pint of cream, one-fourth teaspoon of vanilla for cream, one and one-fourth cup of chopped blanched almonds. In a dish put first a layer of cake, then a little brandy, then jam, then cake, wine, and nuts, also a little cream whipped; begin again as before, then add a few macaroons and make a wall of lady fingers. After all the cake and wine are used, over the top put plenty of whipped cream (stiff).

SPANISH CREAM.

Soak one-half box of gelatine in a little cold water; add one pint of scalded milk, the beaten yolks of two eggs and one-half cup of sugar; remove from the fire and add the whites of the eggs, beaten to a stiff froth, and flavour to taste. Set on the ice to chill.

CHARLOTTE RUSSE.

Soak two tablespoonfuls of gelatine in a little cold water for fifteen minutes; dissolve with a cup of boiling water; add four tablespoonfuls of powdered sugar; when cool, strain slowly into a pint of rich cream which has been chilled and whipped to a stiff froth, stirring all the while the gelatine is being poured in. Put between layers and on the top of sponge cake, or turn into individual moulds lined with lady-fingers or sponge cake cut to fit the moulds. Leave in a cold place until serving time.

SAUCES.

HARD SAUCE.

Cream together half cup sugar, quarter cup of butter. Flavour to taste. Form in any fancy shape. Cool and serve with hot pudding.

MILK SAUCE.

Half cup of sugar, one beaten egg and one tablespoonful of butter; pour over one cup of scalded milk. Put on the stove and scald again. Flavour to taste.

CUSTARD SAUCE.

Heat one pint of milk to boiling; beat together two eggs and one-half cupful of sugar and stir into the hot milk. Stir gently until the mixture thickens; remove from the fire, flavour to taste and serve hot.

CUSTARD CREAM SAUCE.

Beat the yolks of four eggs until light; add one-half cup of sugar and one pint of cream or rich milk; stir constantly until the sauce comes to a boil.

FOAM SAUCE.

Take a half cup of white sugar, one-fourth of a cup of butter, one tablespoonful of cornstarch; mix together and beat to a cream. Set upon the stove and add boiling water until it is of the right consistency. Flavour with lemon or anything preferred.

RASPBERRY SAUCE.

One-third of a cup of sugar, one cup of raspberries, half a tablespoonful of melted butter, half a cupful of hot water. Boil all together slowly, removing the scum as fast as it rises; then strain through a sieve. This is very nice served with bread or rice puddings.

PLAIN SAUCE.

Cream together one tablespoonful of butter, one tablespoonful of flour, two tablespoonfuls of brown sugar, and pinch of salt. Add gradually boiling water to make right consistency. Flavour with nutmeg or lemon.

BRANDY SAUCE.

Make same as plain sauce adding brandy and burnt sugar.

STRAWBERRY SAUCE.

Rub one-half cup of butter and one cup of sugar to a cream; add the beaten white of an egg, and lastly, one cup of crushed strawberries. Serve in a sauce pitcher, to be poured over the pudding at the table.

WINE SAUCE.

One teacup of sugar, half teacup of butter; stir to a cream; beat one egg very light, and stir all together; add half teacup of wine; mix and set on top of tea kettle of boiling water. It must not be put on the stove, nor boil.

PUDDING SAUCE.

Two eggs well beaten, one cup pulverised sugar. When mixed pour over one cup boiling milk, and stir rapidly. Flavour as you please.

CRANBERRY SAUCE.

Pick over and wash one pint of cranberries. Put in sauce-pan and add one and one-half cups boiling water. Cook until tender. Add two cups sugar, boil for ten minutes.

LEMON SAUCE.

Three-fourths cup sugar, one-fourth cup water, two teaspoonfuls butter, one tablespoon of lemon juice. Make a syrup by boiling sugar and water eight minutes; remove from fire; add butter and lemon juice.

CREAM SAUCE.

Three-fourths cup cream, one-fourth cup milk, one-third cup powdered sugar, one-half teaspoon of vanilla. Mix cream and milk, beat until stiff, using egg beater; add sugar and vanilla.

CREAM SAUCE No. 2.

Cream one-fourth cup of butter, with one-half cup of powdered sugar. Add drop by drop two tablespoonfuls of milk and two tablespoons of wine. If liquids are added too fast, the sauce will have a curdled appearance; it should be of soft, smooth consistency.

FRUITS, PICKLES
AND SAUCES
Fruits of all kinds,
in coat
Rough, or smooth rind,
or breaded husk or shell
She gathers tribute large,
and on the board
Heaps with unsparing
hand.
Paradise.
A. T. WICKSON

FRUITS, PICKLES AND SAUCES.

PRESERVES.

The kettles used for preserving, pickling, etc., should be of granite, or porcelain lined and the spoons used for stirring should be of granite or wood.

Be sure that the fruit is fresh, and not over ripe.

Preserving fruit is cooking it in from three-fourths to its full weight in sugar. Canning fruit is sterilising it by boiling and putting it into air-tight jars. Canned fruit is sweetened to taste, allowing sugar according to the tartness of the fruit. For either preserving or canning, the syrup should be made by cooking the sugar and water together, and then the fruit cooked in the syrup.

For canning, weigh the fruit, and put into the kettle in which the syrup is to be made sugar amounting to one-third the weight of the fruit. To this add three cups of water to each pound of sugar, unless the fruit is very juicy, in which case less water is needed.

For preserving, prepare the syrup with sugar amounting to from three-fourths to the full weight of the fruit and allow one cup of water to each pound of sugar, unless the fruit is very juicy, in which case only enough water to wet the sugar is needed.

Berries and soft fruit may be dropped into the syrup and allowed to come to a boil, but pineapples and other hard fruit must be first cooked in boiling water until soft and then dropped into the syrup. Keep the fruit well skimmed while cooking.

Sterilise the cans by putting into cold water, allowing the water to come to a boil.

Wring a towel out of hot water, fold and put under the can while filling with the hot fruit.

Remember that the fruit must be at the boiling point when put into the jars.

Pint jars are more convenient for small families.

CANNED PEACHES.

Above all, peaches must be spotless and not too ripe. Peel carefully, but do not stone them, as it adds to the flavour. Allow one pint of water and one cupful of sugar to every quart of peaches. Boil sugar and water for fifteen minutes; then add the peaches a few at a time and boil gently, and when a broom straw will pierce them easily they have cooked enough. Put the peaches in jars that have been well heated with boiling water, put the peaches in two-thirds full. Boil and skim the syrup and pour over the peaches until the jars are full. Seal at once. Keep canned goods in a cool, dark place, the darker the better.

PRESERVED PEACHES.

Select sound, ripe peaches. Peel, halve, and stone them. For every quart of peaches an equal amount of sugar. To every three pounds of sugar, add one cupful of boiling water. Melt, and boil fifteen minutes. Then drop in the peaches and cook them until a straw will pierce them easily. Skim carefully and put into heated jars. Boil and skim the syrup eight

minutes longer, fill the jars with the syrup and seal.

A good plan is to halve and stone them before peeling or take a dozen or more peaches and scald them by pouring boiling water over them and let stand two minutes, no longer. In this way they will easily peel.

PRESERVED QUINCE.

Pare, core, and quarter your fruit, then weigh it and allow an equal quantity of white sugar. Take the peelings and cores and put in a preserving kettle; cover them with water and boil for half an hour; then strain through a hair sieve and put the juice back into the kettle and boil the quinces in it a little at a time until they are tender; lift out as they are done with a drainer and lay on a dish; if the liquid seems scarce add more water. When all are done throw in the sugar and allow it to boil ten minutes before putting in the quinces; let them boil until they change colour, say one hour and a quarter, on a slow fire; while they are boiling occasionally slip a silver spoon under them to see that they do not burn, but on no account stir them. Have two fresh lemons cut in thin slices, and when the fruit is being put in jars lay a slice or two in each.

PEARS.

Bartlett pears are best for canning. Pare; quarter; core and drop into cold water to prevent discolouration. Follow Directions for Canning and Preserving; add a few slices of lemon with the peel to the syrup.

PLUMS.

Select good fruit, Damson plums are best, and after looking them over carefully, put in a vessel of boiling water; let stand one minute; remove to a platter and take off the skins at once. For every pound of fruit allow two-thirds of a pound of sugar and one-third of a pint of water. Make a syrup of the water and sugar; put in the plums and let cook until soft, keeping well skimmed; remove from the syrup with a skimmer, being careful not to break the fruit, and follow the Directions for Canning and Preserving.

PRESERVED CHERRIES.

Stone the fruit, weigh it, and for every pound take three-quarters of a pound of sugar. First dissolve the sugar in water in the proportion of a pint of water to a pound and a half of sugar; then add the fruit and let it boil as fast as possible for half an hour, till it begins to jelly. As soon as it thickens put in pots, cover with brandied paper, next the fruit, and then cover closely from the air.

CANNED CHERRIES.

Prepared in the same manner, allowing but half a pound of sugar to a pound of fruit; after putting the fruit into the syrup let it scald (not boil hard) for ten or fifteen minutes and then can and seal. A few of the cherry stones put in a muslin bag and put into the syrup to scald with the fruit imparts a fine flavour; they should not be put in the jars with

the fruit. This method is excellent for use with all the small fruits, as strawberries, raspberries, and also plums.

RASPBERRIES.

Prepare and follow Directions for Canning and Preserving.

STRAWBERRIES.

Prepare and follow Directions for Canning and Preserving.

PRESERVED BLACK CURRANTS.

Pick over and wash two quarts of black currants. Put them into kettle with enough water to be seen through the currants, boil slowly until currants are tender. Then add one cup of sugar to every cup of fruit, and boil twenty minutes.

RASPBERRY JAM.

Pick over the raspberries. Mash a few in the bottom of a preserving kettle, using a wooden masher, and so continue until all the fruit is used. Heat slowly to the boiling point, and add gradually an equal quantity of heated sugar. Cook slowly forty minutes and put in a stone jar or jelly tumblers.

STRAWBERRY JAM.

Prepare and follow directions as for raspberry jam.

RHUBARB JAM.

Cut into pieces about an inch long, put a pound of syrup to every pound of rhubarb, and leave till morning; pour the syrup from it and boil till it thickens; then add the rhubarb and boil gently fifteen minutes; put up as you do currant jelly in tumblers; it will keep good a year.

GOOSEBERRY JAM.

Take what quantity you please of red, rough, ripe gooseberries, take half the quantity of lump sugar, break them well, and boil them together for half an hour or more, if necessary. Put into pots and cover with papers.

GRAPE JAM.

Take your grapes, separate the skin from the pulp, keeping them in separate dishes, put the pulp in your preserving kettle with a teacup of water; when thoroughly heated, run them through a colander to separate the seeds; then put your skins with them and weigh; to each pound of fruit, put three-fourths of a pound of sugar; add merely water enough to keep from burning; cook slowly three-fourths of an hour. This is a delicious jam, and worth the trouble.

BLACKBERRY JAM.

To each pound of fruit add three-fourths of a pound of sugar; mash each separately; then put together and boil from one-half to three-fourths of an hour.

ORANGE MARMALADE.

Four Seville oranges, two sweet oranges, two lemons cut across the grain as finely as possible; place in a deep dish with one and one-half quarts of water; let it stand thirty-six hours; boil two hours, (water as well); then add four pounds of crushed sugar; boil two hours longer, or until you think it will jelly.

ORANGE MARMALADE NO 2.

To each bitter orange allow one pint of water and one pound of sugar. Slice oranges, add water and let stand thirty-six hours. Boil three hours, add sugar and boil one.

RASPBERRY JELLY.

Wild raspberries as well as wild strawberries make the best jellies. They should not be overripe, should be among the first pickings, and not gathered directly after a rain. In making raspberry jelly, one has to but follow the recipe for currant jelly, using raspberries in place of currants. When currants and raspberries are used in equal proportions a delicious jelly is the result.

CURRANT JELLY.

Wash the currants and put them in a kettle over a very slow fire with a small quantity of water; cool and strain; for every pint of juice add a pound of sugar; let boil for twenty minutes from the time the boiling begins. When it is cool, pour a teaspoonful of melted paraffine over the top of each glass.

CRAB APPLE JELLY.

Wash; cut in halves and put in a kettle with just enough water to cover them; cook thoroughly; put in a bag and drain. For every pint of juice add one pound of sugar and let boil twenty minutes.

GRAPE JELLY.

Make your grape jelly before the frost touches the grapes and you will have better jelly. Wash and stem and put in a kettle with just enough water to cover and boil until the juice is well extracted. Put in a bag and let drip until nothing but the pulp is left; for every cup of juice add one cup of sugar; boil twenty minutes and pour into jelly glasses; when cool pour melted paraffine over the top.

BAKED APPLES.

Pare as many apples as you wish of some nice variety, neither sweet nor sour; core them by using an apple-corer or a steel fork; set them in biscuit tins and fill the cavities with sugar, a little butter, and some ground cinnamon, if you like; set them in the oven and bake until done.

PICKLES.

MIXED MUSTARD PICKLES.

One quart of onions, one quart cucumbers, one quart cauliflower cut in small pieces. Cover with strong brine and leave over night. In morning pour off the brine and drain pickles well. Put one quart

of vinegar in preserving kettle, chop two heads of celery fine and cook in it till tender, then add three red peppers cut fine. Mix one cup brown sugar, quarter cup of mustard, third cup of flour, one teaspoonful salt, one teaspoonful of butter, one-half ounce tumeric, one egg, with cold vinegar, stir into the hot vinegar and cook. Pour boiling over vegetables and bottle.

GREEN CUCUMBER PICKLES.

Two quarts cold vinegar, one-half ounce of ginger root, two tablespoonfuls of salt, ounce of white mustard seed, ounce of peppercorns, a few red peppers. Drop in as many cucumbers, beans, etc., as the vinegar will cover. Good to use in a month. Stir frequently.

CHUTNEY.

Four apples (chopped fine), four peppers (two red and two green), six tomatoes (peeled), four large onions, quarter of a cup of salt, one-half pound of brown sugar, half a pound of raisins (chopped), one quart of vinegar, one-half ounce of ginger, all chopped fine and boiled till thick.

PICKLED PEACHES.

Scald, and the skin will slip off easily; make sufficient syrup to cover well. To one quart of good sharp cider-vinegar, add one pint of water, a stick of cinnamon, a teaspoonful of unground cloves, and sweeten to taste; cook peaches until tender, remove

from the syrup and put in stone or glass jars. Boil the syrup for one-half hour; pour over the peaches and cover. The oils of spices may be used, and are very fine, but they must be used with judgment, and only a few drops at a time, until you have the desired flavour.

PICKLED PEARS.

Pare and if small pickle whole. Prepare the same as pickled peaches.

PICKLED GREEN TOMATOES.

Slice green tomatoes; put in layers in a stone crock, adding salt as each layer is put in until the crock is nearly full; let stand over night. In the morning drain and pour clear water over them. Prepare syrup as for pickled peaches; put in the tomatoes just long enough to heat through well. Remove from the syrup; fill jars three-fourths full; boil the syrup for one-half hour; pour over the tomatoes and cover.

PICKLED GREEN TOMATOES. No. 2.

Cut half peck of green tomatoes and six large onions into thin slices; let them remain in salt and water over night; then pour off the brine and put them in a preserving kettle with four tablespoonfuls of sugar, four of the best mustard, two teaspoonfuls of ground cloves, two of cinnamon, one of cayenne pepper, and one of curry powder, and let them simmer for one hour; then put them in stone or glass jars.

PICKLED ONIONS.

Peel small onions until they are white. Scald them in salt and water until tender, then take them up, put them into wide-mouthed bottles, and pour over them hot spiced vinegar; when cold, cork them close. Keep in a dry, dark place. A tablespoonful of sweet oil may be put in the bottles before the cork. The best sort of onions for pickling are the small white buttons.

CHOW CHOW.

One quart tomatoes, one white onion, three green peppers, one-half dozen cucumbers, one head of cabbage, all chopped fine; let this stand over night; sprinkle a half cup of salt in it. In the morning drain off the brine, and season with one teaspoonful celery seed, one-half ounce turmeric, pinch cayenne pepper, one-half cup brown sugar, one-half ounce cinnamon, one-half ounce allspice, one-half ounce black pepper, a few cloves, vinegar enough to cover, and boil two hours.

CANNED TOMATOES.

Scald the tomatoes and slip off the skins; slice and cook until thoroughly heated through; salt; put in jars, sealing as tightly as possible.

CANNED CORN.

To can corn pluck the ears and cut the corn off on the same day; put in glass sealers, make or buy a little stamper and stamp it down well and firm in

the jar, and the juice will come up in plenty and cover your corn nicely; then put on rubbers and seal it tight as you can. Put in a boiler in cold water and after it comes to a boil let boil for three hours. I put two little pieces of narrow board across the bottom of boiler on the little rim around the bottom. You can do about ten quart jars at once. When removed tighten the tops again.

CANNED PEAS.

Shell when nice and fresh; fill jars good and full, fill with cold water; seal up and boil for three hours same as corn.

TOMATO CATSUP.

Scald and skin one peck of ripe tomatoes. To one-half pound of brown sugar add one tablespoonful of salt, half teaspoonful of cayenne pepper, half ounce of ground allspice and mace, and half ounce of ground cinnamon; mix thoroughly and add to the tomatoes; add one pint of the best cider vinegar; mix thoroughly and press through a sieve. Put into a preserving kettle and boil slowly until reduced one-half. Put in small bottles and seal.

TOMATO MUSTARD.

Boil one peck tomatoes for one hour with six red peppers, strain through a colander, and add a half pound salt, three tablespoons of black pepper ground, one ounce ginger ground, one ounce allspice ground, half ounce cloves ground, two onions;

boil for another hour, then add quarter pound mustard and half pint of vinegar, then bottle.

GOVERNOR'S SAUCE.

Slice a peck of green tomatoes, sprinkle salt over them, say about a cupful, and let them stand one night; in the morning pour off the liquor, and put them in a kettle with vinegar enough to cover them, add six green or red peppers, (moderate size), four large onions chopped fine, one cup of brown sugar, one cup of scraped horse-radish, a tablespoonful of cloves, one of allspice, a teaspoonful of cayenne, one of white pepper; let it simmer till soft, put into jars and always keep it air tight.

PREPARED MUSTARD.

Two tablespoons mustard, one teaspoon sugar, one-half teaspoon salt, boiling water enough to mix it; when cold, add one tablespoon salad oil and vinegar enough to thin it. This will keep a week or two.

CHILI SAUCE.

Two large onions, three peppers chopped fine. Select six large ripe tomatoes, one tablespoonful of salt, one cup of sugar, one tablespoonful of nutmeg, one tablespoonful of cloves, ginger and horseradish, two cups of vinegar. Cook slowly for two hours.

GRAPE CATSUP.

Stew five pounds of grapes over a slow fire until soft, then strain through a sieve. Add one and a

half pounds of sugar, one pint of vinegar, two tablespoonfuls of salt, cinnamon and allspice, one quarter of a teaspoonful of red pepper, a few cloves (ground), and one teaspoonful of grated nutmeg. Mix all together and boil till quite thick.

MISCELLANEOUS
Cookery is become an art, a noble science
Robert Burton.
A.M. WICKSON

MISCELLANEOUS.

SALADS

Everything in the make-up of a salad should be of the freshest material, the vegetables crisp and fresh, the oil or butter the very best, meats, fowl and fish well cooked, pure cider or white-wine vinegar—in fact, every ingredient first class, to insure success.

LOBSTER SALAD.

Drain the liquor from one can of lobster; turn out on a plate and pick to pieces removing all the bones; add five or six gerkins; five or six olives, from which the stones have been removed; chop; season with salt and pepper; place in the refrigerator to chill. Just before serving mix with Mayonnaise Dressing; serve on a bed of lettuce; garnish with hard boiled eggs.

CHICKEN SALAD.

Boil a plump fowl until tender. When cool tear meat from bone. Remove all fat, gristle and skin. Cut the meat into small cubes; do not hash it. If possible, use only the white meat.

To the chicken add about one-half as much celery, cut in pieces about one-quarter of an inch long. Mix thoroughly and sprinkle with salt and a few drops of lemon juice. Then place on ice.

Just before serving the salad add dressing and stir well together. Enough dressing should be used to make the salad moist.

Put a spoonful or more of the salad on a lettuce leaf, place on top of each portion a teaspoonful of the Mayonnaise Dressing and garnish with lemon, cold hard boiled eggs, cut in thin slices, capers, or pitted olives cut in halves. Sweet Spanish peppers may also be used as a garnish with good effect.

PLAIN CUCUMBER SALAD.

Pare and cut the cucumber, crosswise, into thin slices. Arrange on chilled plates with or without lettuce leaves and serve with Plain French Dressing.

POTATO SALAD.

Boil three potatoes with their skins on; when cold, skin and chop. Add one small onion, chopped with two pieces of celery; season with salt and pepper; garnish with hard boiled eggs and serve with Mayonnaise Dressing.

LETTUCE SALAD.

Select tender, crisp head lettuce. Wash with care in cold water the inner leaves and lay in a clean dry towel to absorb the moisture. Serve with French Dressing and accompany with radishes.

NUT AND LETTUCE SALAD.

Wash and shred fine with the hands two heads of fresh, crisp lettuce; chop one cup of English walnuts; add the lettuce; arrange in the centre of lettuce leaves. Serve with Mayonnaise Dressing.

WATERCRESS AND CUCUMBER SALAD.

Prepare the watercress as for the Lettuce Salad. Add chilled cucumbers cut in dice or in thin slices. Serve with French Dressing.

PLAIN FRUIT SALAD.

Peel two oranges; separate into sections and remove the pulp. Peel three bananas and cut into slices. Wash half pound of Malaga grapes; cut each grape in half, remove the seeds and if the skins are tough, peel before cutting. Put the fruit together and add the meats from half-dozen English walnuts. Serve with French Dressing. Any kind of fresh fruit can be added to suit the taste. Pineapple juice or any other fruit juice may be used instead of the French Dressing. Always chill before serving.

TOMATO JELLY.

To half can of tomatoes, or four medium sized fresh tomatoes, add half teaspoonful of cinnamon, quarter teaspoonful of cloves, half a small onion, one tablespoonful of vinegar, a bay leaf and a pinch of salt and one of pepper. Cook until the tomatoes are dissolved; add one teaspoonful of Knox's gelatine which has previously been soaked in quarter cup of water. Pass the tomatoes through a sieve and pour over the gelatine while hot. Pour into small moulds or jelly glasses (half full) and set on ice. Serve on lettuce leaf with Mayonnaise Dressing. Tomato jelly is very nice with cold meats, roasts and fish.

TOMATO SALAD.

Select two tomatoes of similar size, plunge into boiling water. Remove and cut out a circular piece around the stem end of each. Remove the skin, and set aside on ice to chill. When ready to serve, dispose each tomato on a lettuce leaf seasoned with French Dressing. Fill each cavity with a spoonful of finely chopped nut meats and fruit and Mayonnaise Dressing, with a large candied cherry on top.

TOMATO AND SHRIMP SALAD.

Peel large, smooth tomatoes and cut in half and scoop out the seeds, leaving only the shell, take a can of shrimps and drain them properly and set on ice till thoroughly cooled; the tomatoes the same; mix the shrimps and Mayonnaise Dressing and fill the shells; place each on a crisp lettuce leaf and serve with more of the dressing.

APPLE NUT SALAD.

Boil and peel some French chestnuts, cut in small pieces, mix with celery, and tart apples cut in slender strips. Pour over the salad a Mayonnaise Dressing. Serve on lettuce leaves.

CABBAGE SALAD.

First prepare the cabbage by letting it stand for some time in cold water, in order to make it crisp; dry well and shave as finely as possible. Choose a firm white cabbage. Mix thoroughly with Salad Dressing.

BEET SALAD.

Boil three young beets, chop fine and pour over them Salad Dressing.

SALAD DRESSING.

One egg well beaten, three tablespoonfuls vinegar, one tablespoonful olive oil or butter, one teaspoonful mustard, one-half teaspoonful salt, two teaspoonfuls sugar, three tablespoonfuls cream. Beat all together, let come to a boil until of the consistency of thick cream. Serve when cold.

MAYONNAISE DRESSING.

Beat well with a silver fork on a large flat plate the yolks of two fresh eggs. Add one level teaspoonful each of dry mustard and salt well mixed together. To this add a teacupful or more of oil, beginning with a few drops at a time, mixing well, and adding the remainder gradually, together with the juice of one lemon. If the mixture separates the oil is being added too rapidly. In that case add a few drops of lemon juice and stir well, before putting in more oil. All of the ingredients should be cold when used. (It takes from half an hour to one hour to make the dressing, as it must be thoroughly stirred during all the mixing.)

MAYONNAISE SALAD DRESSING. NO. 2.

Yolks of two eggs, one-quarter teaspoon salt, dash of cayenne, one cup of cold salad oil, added to the egg drop by drop, one tablespoon vinegar, one table-

spoon lemon juice. If it curdles add to it another yolk.

FRENCH SALAD DRESSING.

Mix one saltspoonful of pepper with one of salt; add three tablespoonfuls of olive oil and one even tablespoonful of onion scraped fine; then one tablespoonful of vinegar; when well mixed, pour the mixture over your salad and stir all till well mingled.

CHAFING DISHES.

WELSH RAREBIT.

Ingredients: One-half pound cheese grated fine (ordinary Canadian), one ounce of butter, two tablespoons of milk, ale or consommé, one tablespoonful of made mustard, a little salt. Melt the butter in a saucepan, then add grated cheese and stir till melted, put in the ale, milk or consommé little at a time, then the mustard and a very little salt. Stir constantly till smooth and pour over slices of hot buttered toast. This is sufficient to serve three persons, and should take about ten minutes to prepare.

PIGS IN BLANKETS.

Wrap oysters in thin slices of bacon; pin bacon together with toothpicks; season with pepper. Have chafing dish very hot; cook just long enough to crisp the bacon; serve on toast.

CHAFED OYSTERS.

Put one pint of oysters in a chafing dish, add butter size of an egg, salt, pepper and Worcestershire sauce to taste. When the oysters begin to heat, add flour a little at a time, to prevent lumps, stirring well, until the gravy is slightly thickened. Serve on hot plates.

SCALLOPED OYSTERS.

Put layers of buttered bread crumbs, well seasoned with salt and pepper, and layers of oysters in the blazer over hot water. Have crumbs for the last layer. Cover the pan and cook ten minutes.

CHEESE AND HAM.

To one cup of white sauce add one-half cup chopped ham, one-half cup of grated cheese, one-half teaspoonful cayenne. Serve on toast.

SHRIMP WIGGLE.

Make a white sauce of one tablespoonful of butter, one tablespoonful of flour, one-half pint milk. When thick add one-half can shrimps and one-half can green peas. Serve when the shrimps and peas are hot.

CREAMED CHICKEN.

Cold roast chicken, two cups of white sauce and two tablespoonfuls of salad oil. Cut the chicken in slices and dip them in the oil. This should be done

an hour before cooking in the chafing dish. Then prepare the white sauce and cook the chicken in it for about five minutes.

CREAMED CHICKEN AND MUSHROOMS.

To one pint of cream add one pint of cold chicken chopped fine, and add one-half pint mushrooms. Heat and serve hot.

SANDWICHES.

HAM SANDWICHES.

Mince fine three or four small slices of boiled ham, mix with Mayonnaise Dressing, chop two green pickles fine. Cut bread into very thin slices, butter, lay on a crisp lettuce leaf, and then put in the filling. Press both sides of the sandwiches together.

BEEF SANDWICHES.

Cut roast beef thin and place between thin slices of buttered bread. Add horseradish if desired.

LETTUCE SANDWICHES.

Cut white bread in thin slices, cutting away all crusts. Place on a slice a fine tender lettuce leaf and spread with Salad Dressing; cover over with another slice and press gently together. Nasturtium leaves or flowers and a bit of mustard or the yolk of hard-boiled egg may be added if desired.

CUCUMBER SANDWICHES.

These are quite new. Slice medium sized cucumbers very thin, and let them stand in cold salt and water one-half hour, then drain off and pour over white wine or tarragon vinegar, with a few drops of lemon juice, let stand one hour, lay the cucumber slices upon small rounds of brown bread spread with butter.

WATERCRESS SANDWICHES.

Wash well some watercress and dry it in a clean white cloth, pressing out every bit of the moisture. Then mix with the cress hard-boiled eggs chopped fine, season with salt and pepper to taste. Cut thin slices of bread and cut away the crust. Cut the cress into small pieces, removing the stems. Place the cress between each slice of bread and butter, with a few drops of lemon juice on each. Press down the slices, and serve.

NUT SANDWICHES.

Chop together one cup of hickory nut, walnut and pecan meats; add half the quantity of mashed hard boiled eggs that you have of the chopped meats; mix with Mayonnaise Dressing. Spread between slices of buttered bread to which has been added a lettuce leaf trimmed to fit the bread.

ALMOND SANDWICHES.

Blanch the almonds; chop very fine; mix with Mayonnaise Dressing; spread between slices of buttered bread; cut in fancy shapes.

CLUB SANDWICHES.

Lay between thin slices of hot buttered toast, a thin slice of boiled ham, then a slice of cold chicken and lastly a crisp lettuce leaf with Mayonaise Dressing. Serve hot.

EGG SANDWICHES.

Hard boil four eggs; be sure the eggs are nice and fresh. When cold, cut them into thin slices and lay them between very thin slices of bread and butter; season with salt and pepper, and a sprinkling of nutmeg.

CHEESE SANDWICHES.

Grate cream cheese; season with salt, paprika, a little mustard and a few English walnut meats. Put between thin slices of buttered bread.

CHICKEN SANDWICHES.

Put between thin slices of buttered bread, minced chicken mixed with Mayonnaise Dressing.

ROLLED SANDWICHES.

Cut the crust from fresh white bread; slice thin and butter; spread with minced meats, chopped nuts, chopped dates, stewed figs, or cheese, as desired. Roll with the hands; pin in a damp napkin and let stand for several hours.

STEAMED OATMEAL.

One teacupful of oatmeal, one quart of cold water

and a teaspoonful of salt; gradually heat and steam one hour and three quarters after it begins to cook. Serve with cream and sugar.

CRACKED WHEAT.

Soak one teacup of cracked wheat in not quite a quart of cold water over night; boil half an hour in the morning in a double boiler; add a teaspoonful of salt; serve with sugar and cream.

OATMEAL GRUEL.

Put four tablespoonfuls of the best grits (oatmeal coarsely ground) into a pint of boiling water. Let it boil gently, and stir it often, till it becomes as thick as you wish it. Then strain it, and add to it while warm, butter, wine, nutmeg, or whatever is thought proper to flavour it. Salt to taste. If you make the gruel of fine oatmeal, sift it, mix it first to a thick batter with a little cold water, and then put it into the saucepan of boiling water. Stir it all the time it is boiling, lifting the spoon gently up and down, and letting the gruel fall slowly back again into the pan.

HOUSEKEEPER'S TIME TABLE.

	Mode of Prep ration	Time of Cooking
		HRS. MIN.
Asparagus	Boiled	15 to 30
Beans (pod)	Boiled	1 00
Beans with green corn	Boiled	45
Beef	Roasted	25 to the pound
Beefsteak	Broiled	15
Beefsteak	Fried	15
Beef, salted,	Boiled	35 to the pound
Bass, fresh	Broiled	20
Beets, young,	Boiled	2 00
Beets, old,	Boiled	4 30
Bread, corn	Baked	45
Bread, wheat	Baked	1 00
Cabbage	Boiled	1 00
Cauliflower	Boiled	30
Cake, sponge	Baked	45
Carrot, orange	Boiled	1 00
Chicken,	Fricasseed	1 00
Codfish, dry and whole	Boiled	15 to the pound
Custard (one quart)	Baked	30
Duck, tame	Roasted	1 30
Duck, wild	Roasted	1 00
Dumpling, apple	Boiled	1 00
Eggs, hard	Boiled	10
Eggs, soft	Boiled	3
Eggs	Fried	5
Fowls, domestic, roasted or	Boiled	1 00
Goose wild,	Roasted	20 to the pound
Lamb	Boiled	20 to the pound
Meat and vegetables	Hashed	30
Mutton	Roast	25 to the pound
Mutton	Broiled	20
Onions	Boiled	30
Oysters	Stewed	5
Parsnips	Boiled	1 00
Pork	Roast	30 to the pound
Pork	Boiled	25 to the pound
Pork	Broiled	20
Potatoes	Boiled	30
Potatoes	Baked	45
Potatoes	Roasted	45
Rice	Boiled	20
Salmon, fresh	Boiled	8 to the pound
Sausage	Fried	25

HOUSEKEEPER'S TIME TABLE—Continued.

	Mode of Preparation	Time of Cooking
		HRS. MIN.
Sausage	Broiled	20
Soup, vegetable	Boiled	1 00
Soup, chicken	Boiled	2 00
Soup, mutton	Boiled	3 30
Spinach	Boiled	30
Tapioca	Boiled	1 30
Tomatoes	Fresh	1 00
Tomatoes	Canned	30
Trout, salmon, fresh, boiled or	Fried	30
Turkey, boiled or	Roasted,	20 to the pound
Turnips	Boiled	45
Veal	Broiled	20
Venison steak	Broiled	20

TABLE OF COMPARATIVE WEIGHTS AND MEASURES.

		lb.	oz.
16 ounces	equal	1	
1 quart of sifted flour	"	1	
1 quart of powdered sugar	"	1	7
1 quart granulated sugar	"	1	9
1 closely-packed pint of butter	"	1	
10 moderate-sized eggs	"	1	
3 cups of sugar	"	1	
5 cups of sifted flour	"	1	
Butter size of an egg	about		2
Butter size of a walnut	"		1
One tablespoonful of butter	"		2
Average weight of a good-sized egg	"		2
1 pint of water or fruit juice		1	

1 cup—about ½ pint.
60 drops— 1 teaspoonful.
2 teaspoonfuls—1 dessertspoonful.
4 teaspoonfuls—1 tablespoonful.
2 dessertspoonfuls—1 tablespoonful.
1 tumbler—½ pint.
2 saltspoons—1 teaspoon (dry).

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